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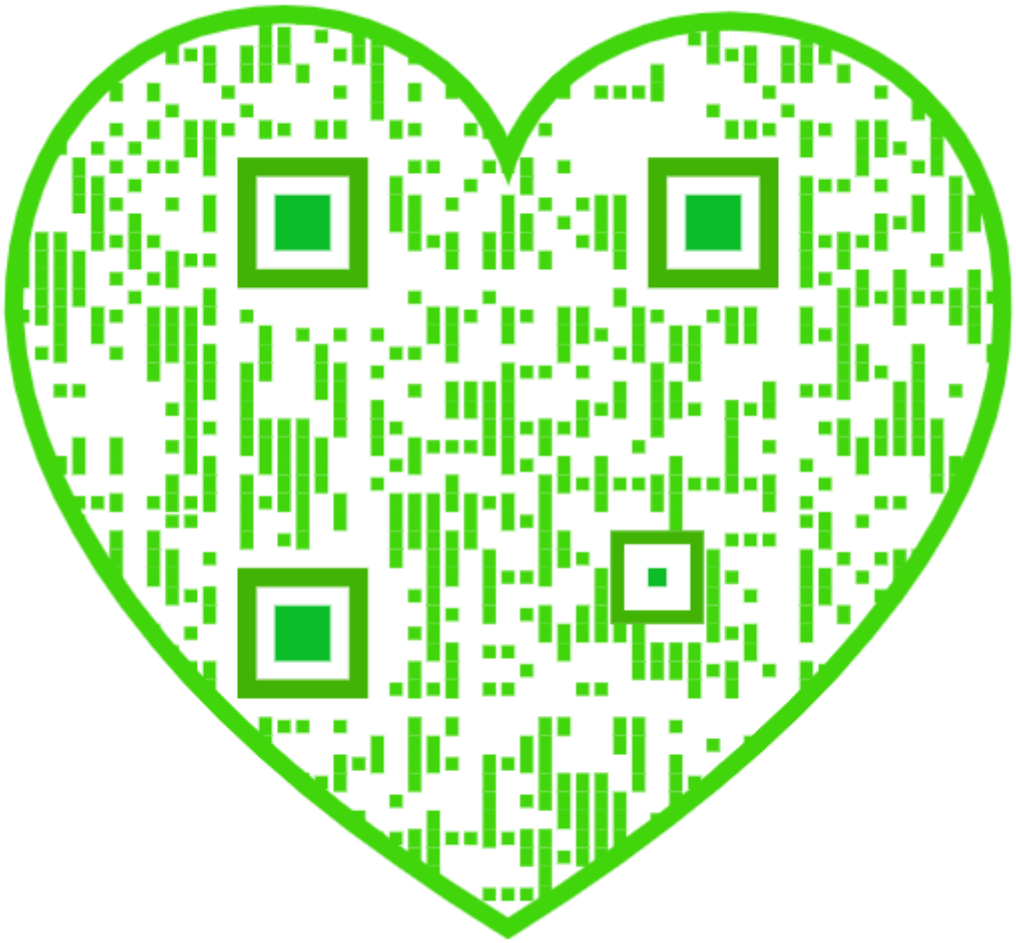

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GET THE HABIT! OFFICIAL EDITION

COMPILED BY W. I. CRAWFORD
SEATTLE

200 WAYS

TO PREPARE

Fresh Fish, Salt Fish
Dried Fish, Smoked Fish
and Canned Fish

Salmon, Cod, Halibut
Mackerel, Haddock
Yellowtail, Sable Fish
Snapper, Bass, Etc.

Oysters, Clams, Crab
Shrimp, Eels, Etc.

PRICE $1.00

W. I. Crawford
Seattle

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INTRODUCTION

The writer, who is a salmon canner, was formerly secretary of the Puget Sound Salmon Canners Association and Association of Alaska Salmon Packers; is the author of various pamphlets on salmon, and has made hundreds of stereopticon views of the great fisheries; he is sole owner of Crawford's Motion Pictures, "The Story of the Salmon—The Great Fishing Fleet in Action"; he has given a great deal of time to educational work, believing that the people--especially the schools—should be shown and made acquainted with the wonderful food value of fish—and the great fishing industry.

In order to further educate the people he has compiled this book, "Eat More Fish," which gives more information about fish than has ever been published before, in this form, as well as much valuable information for the housewife, and all the people; also many tested and economical recipes.

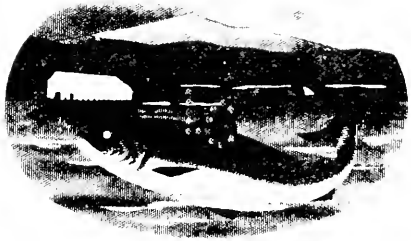
This book, "Eat More Fish," is dedicated to the conserving of food and with the hope that it will make for a better and stronger people, for we believe a patriotic spirit, health, strength, a vigorous mind and body are man's best heritage for his posterity, all of which will be more likely if he "Eat More Fish."

W. I. CRAWFORD,
Seattle.

THIS BOOK CONTAINS

Over 100 recipes for preparing canned salmon alone, with name and address of originators of 50 as well as 50 from the U. S. Bureau of Fisheries, Official Bulletin No. 11, as well as many other recipes authorized by the Federal Bureau, Naval Marine Service, etc.

Information about canned salmon, grades and labels, how to tell if fish is good or bad, miscellaneous useful information for the housewife, special recipes covering other lines of food products, etc., etc.



A Vision—Alaska King Salmon

Salmon Cannery Should Be as Clean as a Home Kitchen.

Cannery Operated by Mr. Crawford, Showing Hand Fillers.

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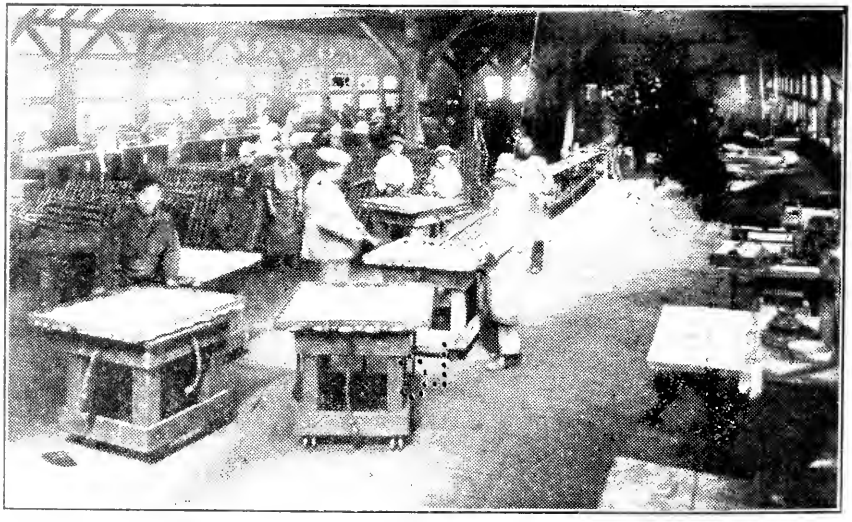
W. L. CRAWFORD
Publisher
Box 283, Seattle



Cannery Operated by Mr. Crawford, Showing Machine Line and General Interior—Old Style Processing.

FARMING THE SEA

By W. I. CRAWFORD
Seattle

(Published in the Westerner, February, 1913)

The tiller of the soil, at the cost of much study and money, and incessant labor, must put back into the ground, every year, besides his annual planting of seed, a large percentage of that which he takes from it in crops. If he does not, within a short time he has impoverished his land, and the gradual diminishing and final failure of crops is his inevitable and direful result. He must plow and harrow and test and fertilize and cultivate year in, year out, without end, in order to reap an average crop—to "hold his ground" with the product of the years before.

But the "farmer" of the sea—the fisherman—he neither fertilizes the waters nor cultivates them; he thinks not of nitrates nor phosphates, nor lime nor legumes, and he does **but reap, reap, every year an ever-increasing crop of fish;** reaps and packs, reaps and packs the world's food of fish, that has built for our country a growing mountain of wealth. In recent years, the friend of the farmer of the sea, the states and federal government, has perfected the method of planting the fish, that the fisherman may not only continue to reap a normal harvest, but an ever-increasing harvest; and he has no concern with the growth and development of the seed that is planted, for he knows that the sea, which has sustenance for all the life that can find room within it, will take care of that.

The resources of the sea pass all human understanding, but today we begin faintly to realize that they are inexhaustible. Mention of the unequaled fishing industry of the Pacific Coast to most people means Salmon. Their thoughts on the subject seldom include the vast wealth of other varieties of food fish taken on our Pacific Ocean shores. Yet the details of the wonderful story of this peculiar, plentiful and palatable pink- and light-fleshed product of our Pacific waters are far from being realized even by those who know it to be a wonderful story.

Our salmon industry began somewhat less than fifty years ago, and five hundred millions of dollars will not pay for the total salmon pack of the years that have followed, and another hundred million for fish salted, mild cured, kippered, pickled, etc. (The pack of salmon the first year of record amounted to about 8,000 cases, and leaping yearly by the tens of thousands of cases, the tremendous expansion of the industry is indicated by the pack of 10,000,000 cases for the year 1918. These figures concern entirely the salmon packed in tins—canned salmon.) Millions and millions of dollars additional are represented in the fish of that one tribe alone which were caught and consumed in other ways.

Roughly, the fish of all kinds taken from our Pacific Coast waters, from California to Alaska, have approximated a yearly value of fifty millions of dollars for the past ten years, and the salmon has represented $40,000,000 of that huge annual pile of wealth. Yet this tremendous total will be greatly augmented in future annual fish reports for the Pacific Coast, because of the addition of many new salmon canneries and the enlargement of the capacities of most of the old ones. This means the increasing of the fishing fleets and the facilities for catching the salmon, to say nothing of the installation of much modern machinery.

Some idea of the existing size of the salmon packing industry will be had from the following statement of the cost of maintaining it: In one year the salmon industry for labor, approximately $9,000,000; fish, $9,000,000; cans, solder, acid, etc., $7,000,000; general and overhead expenses, taxes, etc., $5,000,000; cannery fleet, $4,300,000; transportation, $1,900,000; boxes, $1,000,000; insurance, storage, $500,000; labels, $400,000; lacquer, $300,000; fuel, light and power, $500,000; supplies, $600,000.

Besides supplying the world with one of its most popular food staples, and one which analysis shows to contain almost fifty per cent more nourish-

ment than sirloin steak at less cost, the great fishing industry constitutes a regular market for the Pacific Coast farmer and grocer to the extent of $3,000,000 a year, a market which will not only be permanent, but progressive with the growth of the industry. The tiller of the soil on the Pacific Coast, and especially the farmer in the Pacific Northwest, owes a co-operative duty to his brother who farms the sea, and he certainly should avail himself of every possible piece of information relating to the sea industry from which he derives such great benefits.

SUPPLY DIMINISHING

It is a common habit of mind to regard the business of fishing as a diminishing industry, and people look forward to the time when fish will be missing from the daily menus, much as they think of the disappearing forests and seals, and many expect, when they read of the enormous number of fish caught in the North Pacific waters each year, that before long the fish will have gone from the earth like the buffalo from our plains, with perhaps a few weakly denatured specimens preserved with great difficulty in our more pretentious aquariums.

Which will be the result unless wise and maybe drastic laws are made and enforced for the protection and conservation of all the species of salmon. It is only a matter of time until all food fish will have to be protected in order that the future supply may be assured.

When the fish swam in wild and unexplored rivers, lakes and streams, and the Indians were the only inhabitants of this territory, nature provided for the natural reproduction and maintenance of the fish. But with the advent of the white race, the establishment of commerce and the conveniences and facilities of a higher standard of civilization, with all its tendency of good as well as evil, out of necessity, these things were destructive to the fish of our streams, where man has built sewers, great power dams, saw mills, irrigation canals and other improvements interfering with the progress of the salmon and other fish as they made their way up these streams toward their natural spawning grounds.

The salmon come in from the ocean and go into the different fresh water streams for the purpose of spawning. The spring, chinook or king, which is the largest of the salmon, often weighing over 60 pounds, only enter large rivers for the purpose of spawning. They climb up and up until the headwaters are reached, often jumping several feet over riffles and rocks.

The blueback red or sockeye salmon, which averages about six pounds in weight, rarely enters any river which does not rise in snow-fed lakes.

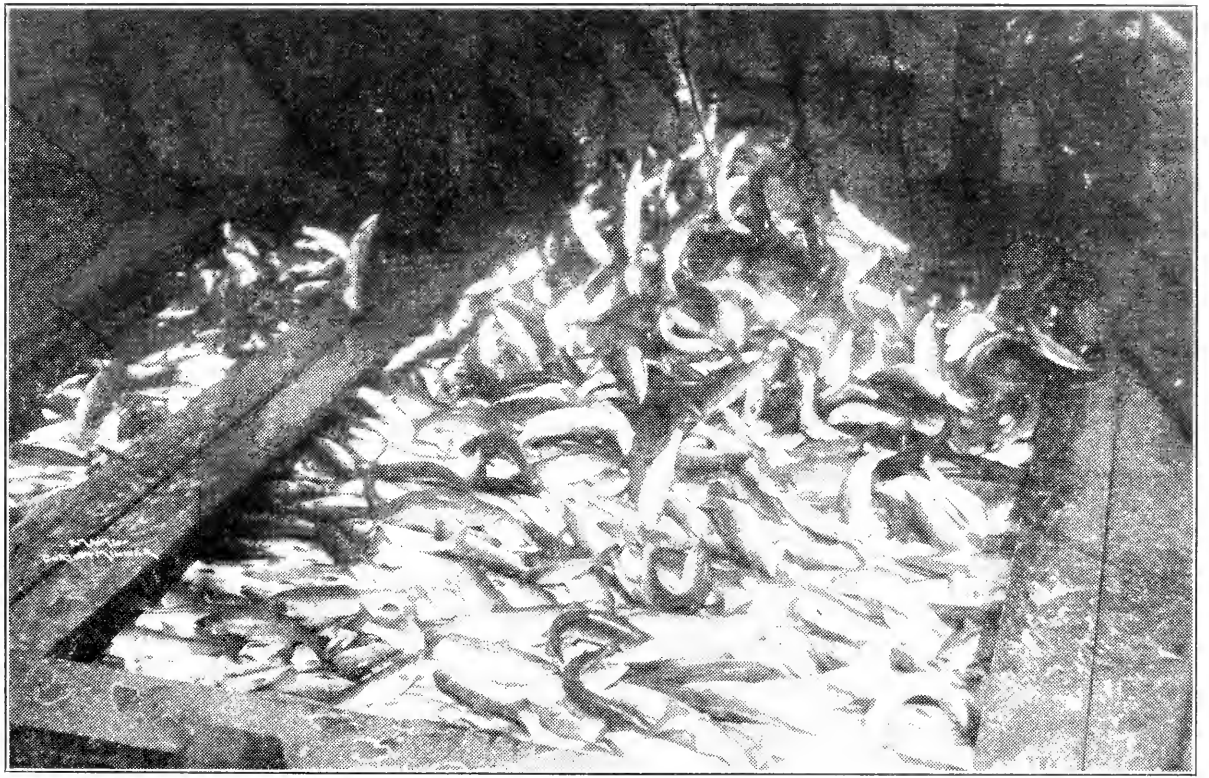
The pink or humpback is the smallest of the salmon and for spawning purposes enters only the small streams, lagoons, etc. Sometimes they spawn but a short distance from the ocean.

The coho or silver salmon run in the spring, fall and early winter, when the waters are high. They usually seek the large rivers, but are not so persistent as the spring salmon in reaching the headwaters for spawning.

Chum salmon usually run in the shallow streams, spawning in any place in fresh water where they find lodgment for the eggs or spawn.

There was a time when the salmon came in from the sea to spawn in such numbers as to form an almost compact mass filling the stream; they floundered up the shallows of the freshwater stream, surmounted the falls by leaps that were miraculous, never pausing, never turning, and hurrying at the utmost speed on their mighty errand.

In spawning, the male salmon, sometimes the female, will, with tail or fins, excavate a small hollow place in the gravel or sand, into which the female will deposit the eggs or spawn. Immediately, or shortly, after the spawn is deposited by the female, the male fish will cover the eggs and deposit thereon its milt or spermatic fluid (resembling ordinary milk in appearance), which is absorbed by the eggs, fertilizing them and at the same time hardening them. The fresh, cool water running continuously over the



A Wonderful Picture in the Movies, Brailing Fish from Trap. In This Picture the Live Fish Do Great Stunts.

eggs will hatch them out in 50 to 60 days, depending upon the temperature of the water.

The king or spring salmon deposits from 2,000 to 6,000 eggs, depending upon its weight; the sockeye averages about 1,200; the humpback about 400; the coho or silver salmon about 2,000, and the chum possibly about 2,000 eggs each, while the steelhead will deposit 3,500 or more eggs at a time.

ARTIFICIAL PROPAGATION

As stated above owing to the many power dams and other improvements which act as impediments to the spawning salmon, because they prevent them from reaching their natural spawning grounds, science has hit upon a way artificially to propagate or hatch this fish—the method really amounts to the assistance of nature in such a way as to immensely increase the certainty of the yield, and insures the supply required by the demands of commerce, not only maintaining the supply, but enormously increasing it, as is evidenced by the increasing yearly pack where it has been tried.

The salmon are taken with a net or caught in an impounding trap, where they are held until they are what is termed "ripe" or ready to spawn. The operator or fish catcher will take the female salmon and kill it. Immediately he cuts it open, stripping it of its eggs or spawn, which are placed in a pail. Then the male fish is taken up and the milt extracted by pressure and poured over the eggs, fertilizing them practically the same as by nature. This process is repeated upon other fish until the pail, holding 25,000 or 30,000 eggs, is full. The eggs are allowed to stand for about 40 minutes, when they become separated from each other. All dead eggs are washed out and thrown away, the balance being put into the hatchery troughs and set in the running water on the hatchery floor.

REARING PONDS

Rearing ponds are now being used to retain the small salmon, feeding them until they are strong and better able to protect themselves from their natural enemies in the streams. This improvement in salmon propagation insures the future increase in numbers of that fish. When released the small salmon in due time seek the ocean, where, so far as we know, the spring salmon remains from four to five years, the sockeye three to four years, and possibly five years, the humpback two years and the other species two to four years, when they return to spawn in the streams or waters in which they were propagated. It is estimated that in the natural spawning of the salmon as much as eighty per cent of the spawn and small salmon are consumed by their enemies. Hence but twenty per cent ever reach the ocean, while under artificial propagation it is possible to save 60 to 80 per cent of the fry, and with the rearing pond system, possibly 90 per cent will safely reach the ocean. It is now a well authenticated fact that the spring or chinook salmon and also the sockeye, which have ascended the rivers a long way from the ocean, after spawning die, never returning to the ocean.

Strange as it may seem, the salmon business is one industry that is perpetuating itself without any cost or expense to the state or people at large. The entire expense of building, maintaining and operating the fish hatcheries, salaries of the fish wardens, patrol service, etc., is paid by the fisheries interests in taxes, license fees, etc.

FOOD VALUE OF SALMON

By W. I. CRAWFORD

(From Trade Register, 1913)

PART IV

CANNED SALMON—ITS NUTRITIVE FOOD VALUE

The Federal Government has published reports covering food values of many kinds of fish, which makes it possible for the writer to furnish much of the following.

INVESTIGATION

Just now the subject of **the high cost of living, food values, and so forth,** is a live one, and possibly as little understood as any other.

Investigation has shown that fifty years ago, when canned salmon was first put on the market, or when the salmon industry was first established, it was impossible to determine the food value, or the combination of food materials, especially of fish and meat.

The chemistry of food materials was practically unknown until about the year 1880, when it was discovered that by chemical analysis the composition of food materials could be determined.

FOOD VALUES

It is not our purpose to write a scientific treatise on the subject of food values, but to briefly state some facts regarding the food value of Canned Salmon, which applies equally to other food fish.

Over four thousand (4,000) separate analyses of foods gathered from different parts of this country have been made by the United States government, the results of which are now available, and prove conclusively that the relative protein and nutritive value of foods can be determined, and **that fish stands high in its nutritive or food value as compared with other meats.**

CHEMICAL COMPOSITION

The chemical substances of which the body is composed are very similar to those of the foods which maintain it. They are made of the same chemical elements, and for that reason in this article are all classed, or discussed together.

From fifteen to twenty elements are found in the body, most abundant of which are oxygen, hydrogen, nitrogen, calcium, phosphorous, and sulphur. These elements are so combined as to form a great variety of compounds in both the body and the food.

In the food, as well as in the body, the **most important kinds of compounds are photein,** fat, carbohydrates, mineral matter and water. The functions of these elements are to repair and rebuild tissues of the body, to supply it with heat and muscular energy. Water makes up about 60 per cent of the weight of the body and enters into all the tissues; 5 to 6 per cent of the body is composed of mineral ash, or waste matter, which supplies little, if any, nutriment, yet is a very important factor in the body.

PROTEIN

Protein is a term used to describe that element of the body which includes the principal nitrogenous compounds, so familiar to us, as the gluten of wheat, **and especially is it prominent in canned salmon.**

Protein is the principal tissue former of the protein compounds, making up fully 18 per cent of the weight of the body: supplying the albumenoids of the blood, milk, and other fluids; building up and repairing the nitrogenous factors, such as muscles and tendons. Protein is a flesh former, and its compounds consists of the belatinoides and almumenoids, which classed together are termed "proteids," and are so known to the medical profession.

All authorities agree that they are the most important constituents of our food, being the basis of bone, muscle, energy, and the tissues, and essential to bodily structure.

FAT

Fat, as found to exist in fish, cream, butter, and many of the vegetables and cereals, supplies the body with the constituents which, in a sense, are burned in order to furnish heat and energy.

The body fat varies greatly with the food, exercise, age and other individual conditions of the particular person. It is a fact that when more food of this character than is necessary to be taken, the fat will be stored in the body, and in combination with the protein becomes body protein and body fat, which, when the food supply is short, is drawn upon to supply heat and energy, as well as strength. About 15 per cent of the weight of the body is usually body fat.

Less than 1 per cent of the weight, or proportion, of the body is composed of the carbohydrates, which are generally found in sugars, vegetables, cereals, grains, and potatoes, the larger part of each being transformed into fat in the body. However, sugar and starch are abundant in ordinary foods, and are important factors in the body on account of being easily digested and furnishing a great source of energy.

WASTE

Much of the foods we buy in the market is waste, such as shells of eggs, bone, gristle, etc., and are generally thrown away. Yet all these contain the same elements in different proportion as does the food which we eat, and if properly prepared much of it would make good food. A great many times splendid food is classed as waste, or refuse, simply because the flavor, or taste, is objectionable.

All the organs of the body, all tissues, muscles, the brain, the flesh, the bones, skin and veins, are built up of the nutritive elements, and **particularly of protein.** It is a scientific fact that every motion, movement, or suggestion of the brain or body consumes some material which some other factor of the body must supply with material to repair, rebuild or make up.

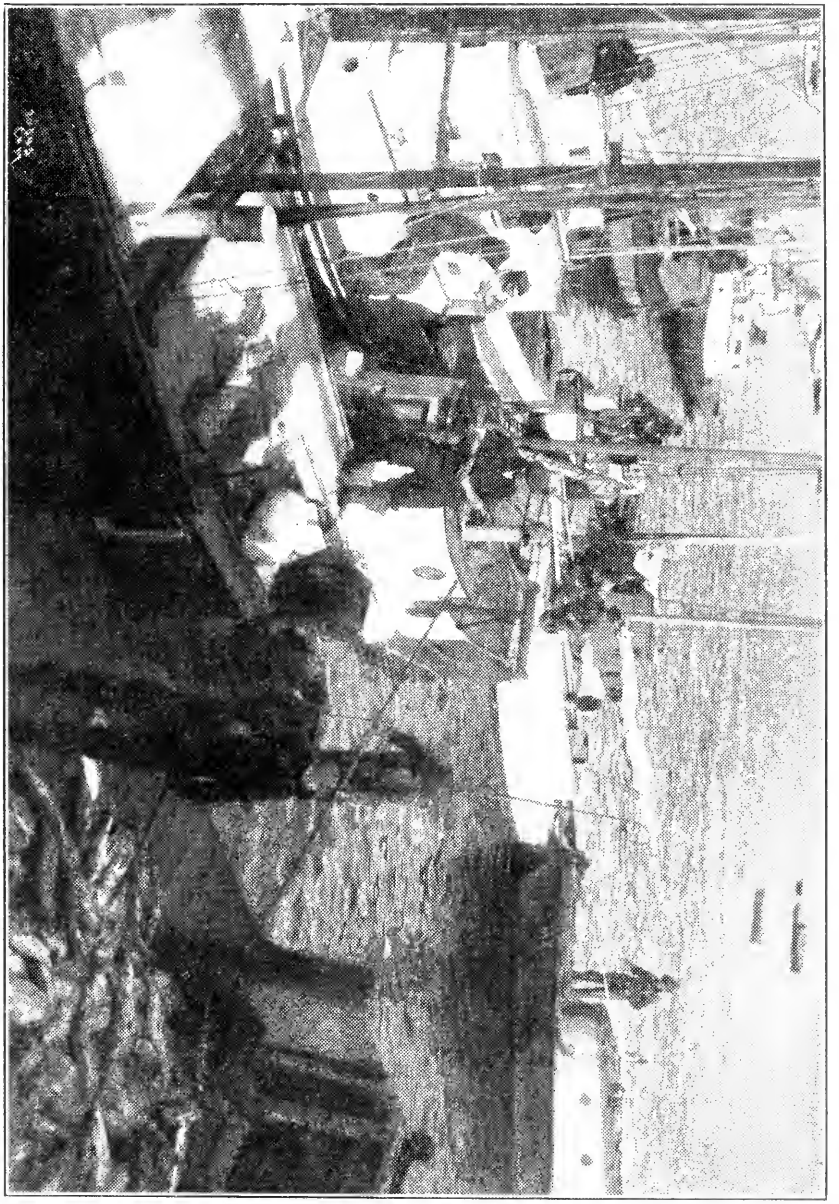
The foregoing synopsis, or outline, pertaining to the elements and substances which go to make up and sustain the body, as shown by actual test reported by the government, is given here in order that the reader may realize the fact that nutriment and strength may be had by an intelligent and proper understanding of the food materials which he eats.

It is stated that sickness causes 42 per cent of the poverty in the United States. Therefore, it is only natural that we ask what is the remedy, and our answer would be based on the following:

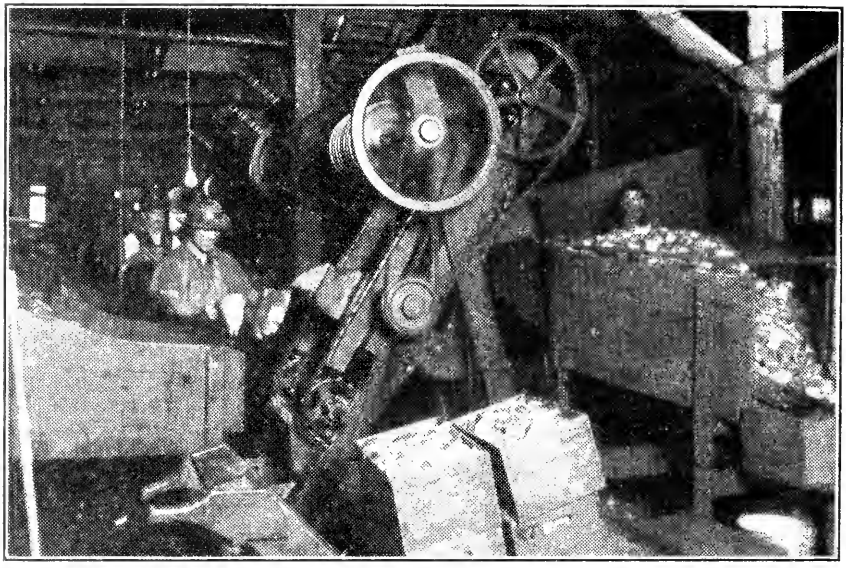
If practical demonstration of food values, and education along these lines, were made compulsory in our schools, the rising generation would know what to feed the body, the kind of food necessary to supply the elements needed in order to eliminate sickness, and to rebuild, repair and sustain the body.

The writer believes success, prosperity, happiness, and health do not depend upon the power of or accumulation of gold, but rather upon the successful pursuit of one's profession (scientific), common sense in feeding the body, for the same beneficent Creator who makes the sea, the fish therein, the earth and its fruits, also made man, and it should be man's highest aim to accomplish more and increasing good each day, to honestly acquire and accumulate money, property and influence in order that he might more readily achieve his purpose in life. And that doing these, he must first know himself and learn that health, strength, a vigorous mind and body, and a pure life, are the best heritage for his posterity.

The above being true, we feel that we are only doing our part in this great plan for conserving food and making for a better and stronger people when we tell the story of fish, its nutritive values, the sanitary process of preparing it for the table.



A Mile of Boats at Buyers' Scow, a Wonderful Scene in the Movies.



At the Gang Knives, Cutting Fish.

THE STORY OF THE SALMON

(By W. I. Crawford.)

The Salmon is a citizen of credit and renown;
He feeds the poor, and feeds the rich, of almost every town.
They ne'er before such food did eat, it satisfies them so—
For salmon canned, served hot or cold, will never bring them woe.

Each year the whole Pacific Coast, no matter what its mood,
With fishing boats makes wondrous hauls of this the King of Food.
Sometimes the run is small, 'tis then that many packers roar,
For all the markets in the land are crying, "Give us more."

From hatcheries back in the hills the little fish advance,
And to the ocean pass along, and eat at every chance.
Some kinds come back in two short years—while others come in four,
But when they come, they're caught and canned, and sold from many a store.

King, Sockeye, Spring, Alaska Red, Humpback, Chinook, and Chum,
There is a great variety to choose your favorite from.
They all are rich in nutriment; they make men wise and strong.
They build the brain and muscle up, and make life sure and long.

Year after year they go and come. Year after year they're caught,
And people eat them just the same, in weather cold or hot.
Now, some have never tried this rich and satisfying dish,
But once they've tasted it they'll say—"It is the King of Fish!"

And so on down through history of man and bird and beast,
The story will repeat itself in both the West and East.
The fish will go and fish will come, and men will rule and sway,
While Salmon still its lead will keep, forever and a day!

INFORMATION ABOUT CANNED SALMON

(By W. I. Crawford.)

THE SALMON

(A) **How Caught**—On the Pacific Coast salmon for canning purposes are caught or taken in purse seines, haul or drag seines, gill nets, set nets, dip nets, fish wheels, traps or pound nets, or by troll fishermen. They first are delivered to certain points or buying stations adjacent to the fishing banks, and from there taken to the canneries by fast power boats. Here the heads, fins, tails, scales and entrails are removed by machinery.

After being thoroughly cleaned, washed and scrubbed, the salmon passes through gang knives and is cut into proper sized pieces for the can, and then fed into the filling machines which automatically fill the cans, or the fish is taken by hand fillers, who carefully fill each can.

Processing:—In most all canneries the cans are filled by machinery, and as the empty cans are conveyed to the filling machine an attachment automatically delivers into the can, if a one pound can one quarter ounce of refined salt, if a half pound can one half as much which is **the only ingredient except the raw fish that goes into the can.**

After being filled and inspected, the cans are passed through an automatic weighing machine which throws out the light weight cans and passes the proper weight cans on to a belt which conveys them to the steam or exhaust box, this is a covered or enclosed box into which live steam is turned, the cans are carried through this box, sometimes with the tops loosely fitted on and sometimes without the tops, for a period of time varying from 7 to 14 minutes with the steam at a temperature of about 210 degrees F. which is the first known method for exhausting the can before sealing. Some Canneries use what is termed "a Vacuum machine" as it will accomplish the same purpose, after being thus exhausted the cans are run through the topping and closing machines which puts the top on and rolls the edge down, hermetically sealing the can.

The cans are now placed in large iron trays or what is termed coolers, conveyed to the steam retort where they are cooked for 80 to 100 minutes at a temperature of 240 to 250 degrees and a pressure of 10 to 12 pounds. The writer has found that if cans are piled with much open space that 90 minutes, 242 degrees and 10 lbs. pressure insures perfect processing of any good fish, and softens the bones of the salmon so that as a food product, canned fish is an absolutely pure food, high in protein and rich in oil, more than meeting the rigid requirements of the pure food laws, the rules of the department of chemistry, etc.

Color of Salmon:—It is not generally known, but it is a fact that all salmon are not red or what is known as salmon colored. Sockeye, red, blueback, the red spring, king or chinook always hold their red color in the can while most all other salmon will not retain the red color, the silverside, cohoe or medium red turn to sometimes a very light red, hence the name "Med. Red"; the humpback or pink salmon will be found to be light pink, the chum, or keta, turn white and sometimes a yellowish grey color. All salmon if canned when fresh and properly processed will stand up quite solid when turned out of the can.

(B) **Salmon is Canned in Three Sizes or Styles of Packages**—One pound talls, one pound flats and one-half pound flats, however, the shape of the can does not signify any particular grade or quality of fish.

(C) **Some Facts About Grades and Labels**—There are five grades or kinds of salmon taken on the Pacific Coast.

1. Spring salmon, King salmon, Chinook salmon and Quinnat salmon belong to the same class and are known and labelled Springs and Tyee on Puget Sound, Kings in Alaska and Chinook on the Columbia River, and Quinnat in other places. Flesh is pale to deep pink and fine flavor.

2. Sockeye, Blueback, Reds and Alaska Reds are taken on Puget Sound, in the Columbia River, in Alaska and the Fraser River, and are labelled in

the trade under these names. Flesh is firm, rich deep red color, fine flavor.

3. Cohoe or Silver salmon are known in the trade and labelled "Medium Reds," "Silver-sides" and "Cohoe Salmon," and is a good food fish but does not retain its red color in the can, flesh is firm and solid.

4. Humpback salmon, usually labelled "pinks," is the smallest and a most prolific salmon. It stands well as a food fish, having a large percentage of food value and compared to its food value is perhaps the cheapest canned food product on the market, its flesh is not so solid.

5. Chum salmon is another food fish and a very good one; dried and smoked it comprises the principal food supply of the Indians and natives. It does not show the red color after cooking, and is not so fine in flavor as the other grades.

Canned salmon is usually rated in the order given above and one should use their own discretion in selecting the particular grade desired, as the main difference is in the color and flavor and amount of fat or oil contained in the fish. This oil is rich in protein and should be used.

(D) **How to Heat a Can of Salmon**—Place the can in a saucepan and cover with boiling water, boil 15 minutes; this will thoroughly heat the contents. Or if boiling any other food you can put the can in a pan and set in same kettle, allowing the steam to heat the salmon.

(E) **How to Open the Can**—First remove the label, then lay the can on its side upon the table, then insert the point of the can opener close to the side seam at the top, now set the can on end and with the hand press down on the top while working the can opener around the top seam or ream of the can until it comes to the side seam again, then lift the top and it will easily break off, leaving the entire contents exposed. Now pour off the oil or liquid into a side dish, turn the can over, punch a hole through the bottom and the contents will come out in unbroken form.

(F) **How to Tell if the Contents of Can Is Good**—If upon opening the can no bad odor is prevalent and the flesh is clean and bright, with oil or liquid present, you may depend upon it being good, while if a bad odor is noticeable or if no liquid or oil is present, or if the can and the fish are dirty and mushy **it is best to not eat it, better return the can to the dealer and ask him to report it to the jobber.**

RELATIVE FOOD VALUE OF CANNED SALMON

United States Bulletin 142 shows relative food value of canned salmon as compared with other foods.

CANNED SALMON	.218	Spring Chicken	.120
Sirloin Steak	.165	White Bread	.090
Sugar-cured Ham	.142	Rice	.080
Macaroni	.134	Baked Beans (canned)	.069
Eggs	.131	Potatoes	.018

FOOD VALUES are rated in calories: Average healthy person requires 1000 calories per day; 100 of these should be fish. A one-pound can of salmon contain 500 to 850 calories, depending largely upon quantity of oil in it.

SPECIAL RECIPES FOR PREPARING SALMON

NOTE: The following original recipes were sent into the Salmon Canners Association in response to request for special recipes for preparing salmon for the table, by the persons whose names and addresses appear.

SALMON TURBOT

Mrs. R. D. Pinneo, 1153 17th Ave. No., Seattle

One pound can Pink Salmon.

Dressing: One pint milk heated to boiling point, add three tablespoons flour, 2 eggs beaten light, salt, pepper to taste; mix flour with a little milk, pouring hot milk into eggs and flour. When thickening, use layer of salmon, then dressing, then salmon, till everything is used. Sprinkle bread crumbs on top. Bake in oven till brown. This will be enough to serve five or six persons.

SCALLOPED SALMON WITH MUSHROOMS

Mrs. W. H. Cumming, 4051 10th Ave. N. E., Seattle

One pound canned salmon; remove bones and skin, add one can mushrooms cut small, one teaspoon onion juice, little salt and paprika. Mix with one cup white sauce and put in buttered baking dish. Cover with buttered cracker crumbs and sprinkle with grated cheese. Bake in hot oven twenty minutes or until a golden brown. This will serve from six to eight persons.

SALMON ROLL

Mrs. A. C. Batterson, 2253 W. 61st St., Seattle

Three cups of flour, 1 teaspoonful salt, 3 level teaspoons baking powder, sift all together three times, rub in ⅓ cup of shortening, add enough milk to make a biscuit dough, and roll into a sheet half an inch thick, having the ends even. Remove any bones or skin from one can of salmon, flake fine with a fork leaving any juice or oil with the fish, add two eggs well beaten, a grating of onion, ¼ teaspoon cayenne, 1 teaspoon salt, use a little lemon juice and water to make a paste, spread fish paste over dough, and roll up like a jelly roll. Bake in a buttered pan 40 minutes. Brush over the outside of roll with a little milk and return to oven to glaze. Serve hot with cream sauce flavored with Worchestershire. Will serve six to eight persons.

SCALLOPED SALMON

Mrs. S. B. Rogers, 5251 14th Ave. N. E., Seattle

1 Pound can salmon
¼ Pound crackers
1 Pint milk
⅓ Cup butter
Salt and pepper to taste

Remove all oil, skin and bones from salmon, pick fish to pieces. Butter baking dish, put layer of cracker crumbs in bottom, then layer of salmon with salt, pepper and bits of butter. Another layer of crackers, then salmon, salt, pepper and butter. Then cracker crumbs on top with bits of butter. Pour over all the milk till quite moist. Bake in a moderate oven 20 to 30 minutes, till nicely browned.

SALMON CHOPS

Mrs. E. S. Hambleton, R. F. D., Pearson, Wash.

One pound canned salmon; drain and remove skin and bones, pick to pieces with a fork. Make a hard white sauce. Stir the flaked fish into the hard sauce, add a half teaspoonful salt and a little pepper, and one-eighth teaspoonful or less of paprika; then set aside to cool, while you roll two shredded wheat biscuits, beat one egg and break some macaroni into four inch lengths. Make the chops by forming small oval cakes, dip in beaten egg, then in the shredded wheat biscuit crumbs, insert a stick of macaroni leaving the end of the stick out, fry in deep hot fat a golden brown, (I use Crisco) drain, and remove to a hot platter, garnish with parsley or lettuce leaves, and cut a lemon into quarters, or as perferred.

Note:—Cracker crumbs or bread crumbs can be substituted for the shredded wheat biscuit with as good results. This recipe will be found to be sufficient for four people.

Grades and Labels:—Canned salmon is usually rated, as to quality and grades, in the order shown on copy of label, page 20, and in paragraph "C," page 11. Standard Canned Salmon is selected fish and every can guaranteed.

SALMON CHOPS

Miss Alice Ward Smith, 3774 14th Ave., N. E., Seattle

1 Can salmon
1½ Cups milk
1 Tablespoon butter
1 Slice onion
3 Sticks macaroni
1 Sprig parsley
1 Cup cracker crumbs
1 Tablespoon flour
1 Egg

Melt the butter, add flour and pour into these the milk with which the slice of onion has been scalded, and cook until smooth. Mince the parsley in this sauce. Mince the salmon fine with a fork removing any particles of bone or skin, then mix thoroughly with the sauce, salt and pepper to taste and shape in croquettes in the form of chops. This amount will make one dozen. Roll the chops in cracker dust, then in beaten egg and once more in cracker dust. Stick a fourth of a piece of macaroni into the small end of each chop, for the chop bone and fry in deep fat. Serve hot with mayonnaise dressing to which has been added diced cucumber. One cup of diced cucumber to two of dressing.

SCALLOPED SALMON

Mrs. W. E. Mitchell, 436 Wheeler St., Seattle

Pick out the bones and mash fine one can of salmon. Grind 1 doz. soda crackers, butter a pudding pan or baker and put in one layer of cracker crumbs, followed by a layer of salmon. Dot it with butter, a tiny bit of salt and pepper, and repeat the layers, having cracker crumbs for the top. Place more butter on top and pour over all a pint of milk. Bake in an oven twenty or thirty minutes until nicely browned. As fish and crackers are already cooked this dish is quickly and simply made. Serve in same dish on table. With potato salad this is complete and makes a meal dainty enough for most occasions. Will serve from four to six persons.

SCALLOPED SALMON

Mrs. W. F. Meier, 7034 17th Ave. N. E., Seattle

Mince fine a can of salmon, placing in a baking dish, (or individual custard cups) a layer of salmon, a layre of cracker crumbs, a little salt, pepper and melted butter. Repeat until salmon is used. Pour over this two eggs, beaten with two cups of milk. Bake twenty-five minutes, setting baking dish in a pan of hot water. Serve plain or with bits of lemon or tomato sauce or white sauce or egg sauce. This will serve ten people.

SCALLOPED SALMON

Mrs. F. M. Stokes, 2002 10th Ave. No. Seattle

4 Good sized potatoes, boiled and dried
1 Good sized onion
1 Stock celery, small
1 Cup bread crumbs, browned in butter
2 Cups milk
1 Tablespoonful flour
1 Tablespoonful butter
½ Teaspoonful Worcestershire sauce
1 Egg
1 Can salmon, picked over good, removing all bones

Boil potatoes and slice, cut one onion into small pieces, 1 small stalk celery cut in small pieces, 1 cup bread crumbs browned in butter, 2 cups milk, 1 tablespoonful flour, 1 tablespoonful butter, ½ teaspoonful Worcestershire sauce, 1 egg, 1 can salmon picked over good, removing all bones. Place contents in large deep pan, placing in hot oven about thirty minutes, adding the browned bread crumbs just before serving. This quantity will serve eight people bountifully.

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SCALLOPED SALMON

L. V. Johnson, 1715 Harvard Ave., Seattle

One pound can salmon, 1 cup mashed potatoes or cold boiled rice, 1 cup crumbs from bread dried and rolled with rolling pin.

Mix together and put into greased pudding dish. Pour over this a cup of boiling water seasoned with 1 tablespoon butter, 1 teaspoon salt, ½ teaspoon pepper, ½ teaspoon mace, a small pinch of cayenne. Bake in moderate oven until top is light brown, possibly ½ hour. Will serve seven or eight persons.

SCALLOPED SALMON

Miss Grace Engart, 1902 Queen Anne Ave., Seattle

One pound can salmon, remove all bones possible. Break seven crackers into small pieces (do not roll them), and cover this mixture with three scant cups milk. Stir in one well beaten egg. Add a small piece of butter, also salt and pepper to taste. Stir the entire mixture into a baking dish and bake for ½ hour. This dish will serve seven people and will be found delicious, either hot or cold.

SCALLOPED SALMON

Mrs. L. Murray Graht, 113 N. 55th St., Seattle

1 Can salmon
2 Cups milk
2 Tablespoons flour
2 Tablespoons butter
2 Eggs
1 Teaspoon salt
½ Teaspoon pepper
1 Tablespoon chopped onion
1 Teaspoon chopped parsley

Pick over the fish and break into small pieces. Make a cream sauce by blending the flour, butter and milk together. Boil for a few minutes, then add the eggs well beaten, add the fish, salt, pepper, onion and parsley, put into a buttered bake dish, cover with fine bread crumbs and dot with pieces of butter. Bake in a moderate oven for ½ hour. Service for four.

SCALLOPED SALMON

Ada L. Morris, 511½ Malden Ave., Seattle

Remove bones and pick apart one can of salmon. Butter a baking dish, put in layer of salmon, then layer of cream sauce, then layer of salmon, then cream sauce with cracker crumbs on top and bits of butter over them; boil twenty minutes.

Cream Sauce:—For one can salmon, heat one cup milk to which add two level tablespoonfuls of flour and two of butter which has been previously melted and creamed together, let bubble up, then add grated rind and juice of one lemon, pinch of salt, pepper and paprika to taste; remove from fire, add one teaspoonful of chopped parsley.

This will serve seven persons. It is delicious.

SCALLOPED SALMON

Mrs. Mildred C. Hall, 4742 11th Ave. N. E., Seattle

1 Can salmon
2 Tablespoons flour
Butter size of an egg
2 Cups of boiling water
Buttered bread or cracker crumbs

(The juice of one lemon may be added, though we prefer it without.)

Mince one pound can salmon, removing bones and skin (if any). Salt and pepper to taste. Rub butter and flour to a cream and add the hot water, cooking it a few minutes. Then mix with the water, put into a baking dish, sprinkle with cracker crumbs and bake for 20 minutes. This is certainly delicious and will serve five persons generously.

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SALMON TIMBALES

Mrs. C. C. Dose, 3111 Dose Terrace, Seattle

Two cups of fine bread crumbs, soak in ½ cup of milk and ½ cup of cream, flake one can of salmon discarding the bones and skin. Yolks of three eggs beaten lightly, ½ can mushrooms chopped fine. Lastly add the beaten whites of the three eggs, put in timbale shells, stand in pan of hot water and bake in moderate oven for ½ hour.

SALMON RAMEQUINS

Mrs. F. H. Furey, Box 994, Seattle

Melt three tablespoons butter, add three tablespoons flour and pour on gradually one cup of milk. To this add one pound can salmon, having previously removed the bones and skin and flaked it fine, also one can peas, ¼ teaspoon salt and ¼ teaspoon celery salt. Fill ramequins dishes and cover with buttered crumbs. Bake till light brown. This will serve six people.

SALMON AUX EGG NOODLES

Mrs. F. M. Seymour, Seattle

1 Can salmon free from skin and bones
1 Cup grated cheese
½ Can mushrooms, minced
1 Tablespoon parsley, minced
1 Pint boiling milk
1 Ounce butter

Butter baking dish, cover the bottom with layer of egg noodles, add fish in flakes, pour over milk and butter, add mushrooms and parsley, season with salt and pepper, then add remaining egg noodles and sprinkle over with grated cheese and a few cracker and bread crumbs. Place in a moderate oven and bake. To be served in a baking dish.

SALMON PUDDING

Mrs. J. Shank, 134 23rd Ave. So., Seattle

Mince one can salmon, save liquid for sauce; put in 4 tablespoons of melted butter, ½ cup bread crumbs, pepper and salt and finally 3 well beaten eggs. Put in buttered mold set in a pan of hot water, cover and steam in oven one hour, filling with water as it evaporates. Set in cold water a minute and turn out.

Sauce:—Heat one cup milk to boiling and thicken with 1 tablespoon cornstarch wet in cold water; add a spoonful of butter, salmon liquor and a beaten egg, take from the fire, season and stand in hot water three minutes covered; add juice of half a lemon, pour over the pudding. Delicious.

SALMON PUDDING

Mrs. Hugh Wilkie, 311 1st Ave. W., Seattle

Take six medium sized potatoes, boil and mash them with milk and butter, beating them until they are very light. Take a 1-lb. can of salmon, pick it over and remove all skin and bones, add this to the potatoes while in the pan, season with pepper and salt, make very hot and serve on a dish molded high in the center, with egg sauce.

Egg Sauce.—Take one pint of milk and when hot put in a small piece of butter, a little pepper and salt and thicken with two tablespoons of cornstarch. Remove from the fire and stir in two hard boiled eggs chopped fine.

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SALMON LOAF A LA VIENNA

Mrs. Anna Cross, 613 2nd Ave., Seattle

1 Can salmon free from skin and bones
4 Hard boiled eggs, peeled
½ Teaspoon ground mustard
1 Tablespoon parsley, minced
½ Teacup cracker or bread meal
1 Small onion, minced
1 Ounce melted butter
1 Raw egg

Run fish through meat grinder and place with butter, mustard, onion and parsley, on fire in a shallow pot, when it becomes hot, work in raw egg and cracker or bread meal, season with Worcestershire sauce, pepper and a good dash of nutmeg, work up until smooth with a paddle or large spoon; remove and place on cutting board, napkin or cloth, work fish to 1 inch thickness on napkin by patting it out with the hands. Place the four eggs in a row at the very edge of fish, take hold of the napkin and start to roll, bringing the roll towards you with both hands so as the eggs will be placed in the middle of fish. Shape and place in a greased pan, brush over with a little sweet milk, dust on a few cracker or bread crumbs and place in a moderate oven until brown; remove from oven and place on a large platter and slice off in thin slices. Serve with or without sauce.

SALMON LOBSCONSE (For Camps)

Mrs. A. Denny Lindsley, 1410 Allen Place, Seattle

1 Can salmon
1 Small onion
4 Slices bacon
6 Crackers
3 Tablespoons flour
½ Cup canned milk
Salt and pepper

Fry bacon and sliced onion, remove bacon when done and stir flour into hot fat until slightly brown. Season, then add milk which has been diluted to a cupful with cold water. Stir constantly and when sauce thickens add flaked salmon, and when heated through, pour over the crackers which have been broken into bits.

SALMON PASTRY

Carolyn Wingate, 4051 10th Ave. N. E., Seattle

Shred the contents of 1 lb. can of salmon, mix into this one tablespoon melted butter, salt and pepper, the juice of half a lemon with a little of its grated rind and a beaten egg. Line a deep baking dish with pastry and cover the bottom with half the salmon mixture, then fill in with oysters and mushrooms, put the remaining half of mixture over the top and cover with a crust of pastry, bake three quarters of an hour. Will serve eight persons.

SALMON WIGGLE

Mrs. H. F. Kuehn, 1938 47th Ave. S. W., Seattle

2 Cups French peas
1 Large can salmon
3 Cups of sweet milk
4 Teaspoons of flour
8 Teaspoons melted butter

Season with cayenne pepper and salt to taste, serve on Saratoga Flakes. Make the gravy with the milk, flour, batter and seasoning in a double boiler, then add peas and salmon; let cool; just before serving pour mixture on crackers. Should serve fifteen people.

SALMON SALAD

Mrs. E. W. Pay, 118 John St., Seattle

Drain one can of salmon and remove skin and bones, separate into small pieces, add one cup of cooked peas and mix with any good salad dressing. Serve on lettuce leaves.

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SALMON SALAD

Mrs. W. T. Hofstatter, 960 Motor Place, Seattle

1 Can salmon
2 Cups finely cut cabbage
2 Hard boiled eggs, chopped
3 Sweet pickles, chopped fine

Drain off liquor from salmon, remove bones and skin and chop fine. Add cabbage, eggs and pickles, mix all together with salad dressing and serve on crisp lettuce leaves. This will serve six.

SALMON SALAD

Mrs. Frank P. Dow, 627 36th Ave. No., Seattle

1 Can salmon
1 Cup celery, cut fine
¾ Cup cold cooked peas
½ Dozen ripe olives, chopped
2 Tablespoons of green or red sweet peppers, cut fine
1 Very small onion, grated

Mix well together with mayonnaise dressing. Pile on lettuce leaves and put more dressing on top with thin strips of the sweet peppers. Will serve eight.

SALMON SALAD

Mrs. A. M. Beckett, 7519 Wilson Ave., Seattle

1 Pound tin salmon
3 Hard boiled eggs
2 Head good firm lettuce
1 Small tin peas
½ Cucumber

Shred the salmon lightly with a fork, cut the lettuce into five strands, and mix both together lightly, then add the peas freed from all moisture, and decorate with finely sliced cucumber and egg cut into rings. This salad is served with mayonnaise dressing, and is quite one of the finest fish salads I have ever known. It is also very decorative when served on large lettuce leaves. Sufficient for sixteen portions.

SALMON SALAD

Ruth Esther Sievers, 2318 Wetmore, Everett

1 Can salmon
1 Cup celery
2 Hard boiled eggs
3 Tablespoons vinegar
1 Tablespoon butter
3 Egg yolks
1 Teaspoonful dry mustard
½ Teaspoonful salt
1 Cup whipped cream

Pick the contents of a can of salmon into shreds and pour over the juice which is in the can. Cut a cupful of celery very fine, and chop two hard boiled eggs fine, pour over all of this a mayonnaise made as follows: Boil three tablespoonfuls of vinegar and 1 tablespoonful butter, pour on beaten yolks of three eggs, add one teaspoonful dry mustard, ½ teaspoonful salt, when cool add 1 cup whipped cream.

SALMON SALAD

Mrs. E. D. Falnestork, 1124 27th Ave., Seattle

One can of salmon, one bunch of celery cut fine, ½ pint mayonnaise dressing. Remove bones from salmon, flake it with a fork and add celery, ½ apple choped, one orange cut small and mix all thoroughly. Next, hard boil as many eggs as desired. Remove shells, cut slice off top and remove yolks, and fill with salmon salad and a spoonful of mayonnaise on top. Cut a slice off the bottom of each egg so as to make it stand up, and serve with lettuce leaves. Garnish with yolks cut in slices.

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SALMON SALAD

Mrs. Grace E. Cox, 5619 12th Ave. N. E., Seattle

1 Pound salmon
½ Teaspoonful salt
1 Teaspoonful sugar
1 Teaspoonful flour
½ Teaspoonful mustard
Pepper, if you wish
¾ Cup hot milk
¼ Cup hot vinegar
2 Tablespoonsful butter
Yolks of two eggs
1 Tablespoonful gelatine softened in ¼ cup cold water

Over the salt, sugar, flour and mustard, pour gradually the hot milk. Cook in double boiler for ten minutes, then add the hot vinegar and the butter already creamed and mixed with the yolks of eggs. Stir till the egg is set then add the softened gelatine. Strain and pour over the boned, flaked salmon, from which the oil has been poured. Mix thoroughly and pour into moulds. Serve on nest of lettuce with mayonnaise or sauce of grated cucumbers and whipped cream. This will serve six persons generously.

SALMON SALAD

Miss Nina Talbot, 1129 21 st Ave. No., Seattle

One can salmon, four sour cucmber pickles diced, four hard boiled eggs diced, six large square crackers rolled, teacup of crisp celery diced. Mix all lightly together with some of the mayonnaise dressing or cream dressing.

SALMON LOAF

Mrs. Jesse E. Davis, 5244 Brooklyn Ave., Seattle

1 Can salmon
3 Eggs, well beaten
1 Level teaspoon (into bread crumbs) baking powder
1 Cup fine bread crumbs
4 Tablespoons melted butter or lard and butter
Salt, pepper, minced parsley (two tablespoons)
Lemon juice

Chop salmon fine and rub butter into it, beat crumbs and seasoning into the beaten eggs, mix both parts, place in mold and steam one hour.

Sauce:—1 cup milk heated to boiling point, 1 tablespoon corn starch, 1 tablespoon butter, 1 egg, ¼ cup tomato catsup, pinch of red pepper, liquor from salmon. Stir egg into milk carefully the balance into the egg and milk, boil one minute. Garnish with lettuce, parsley and hard boiled egg. This will serve eight persons.

SALMON LOAF

Mrs. Charlie Morse, 825 E. 70th St., Seattle

Drain 1 lb. can of salmon and save liquor. Chop the fish fine and add ¼ cup of soft butter, four well beaten eggs, ½ level teaspoon salt, ½ cup of fine bread crumbs, ½ level teaspoon finely chopped parsley, ½ teaspoon pepper. Mix all together and put into buttered mold and steam one hour. Serve with this sauce. Melt two level tablespoons of butter, add an equal amount of flour, a few grains each of mace, and cayenne, 1 cup of hot milk and the salmon liquor. When it is cooked smooth add one beaten egg. This is a delicious luncheon dish. Garnish with parsley.

Note:—Do not use cracker crumbs as the loaf will be dry. It should be soft and just firm enough to hold together. Unmold and either pour sauce over, or serve in portions with sauce over. This will serve four or five.

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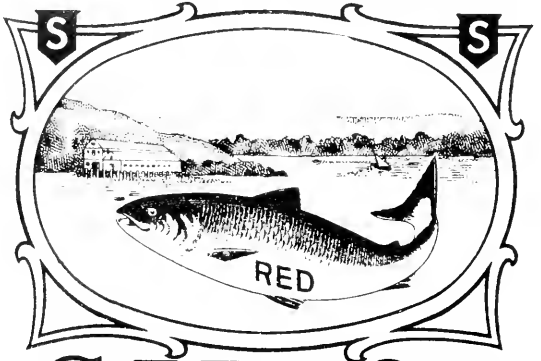

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SALMON LOAF

Mrs. E. C. Sharfie, 716 12th Ave. No., Seattle

1 Can salmon
4 Beaten eggs
4 Tablespoons melted butter
½ Cup bread or cracker crumbs
Salt and pepper

Chop and mix in chopping bowl. Make into a loaf and steam one hour. This to be eaten warm with sauce made of:

½ Cup butter
Yolk of two eggs
Juice of lemon
1 Cup of boiling water

Heat to thickening without boiling. Serve on platter with sauce poured over loaf.

BAKED SALMON WITH TOMATO SAUCE

Miss M. Leona Sperry, Seattle, R. F. D. No. 1, Box 218

1 Lb. salmon
1 Cup tomatoes
½ Cup water
1 Slice onion
A clove or two
1 Teaspoon vinegar
2 Teaspoons butter
1½ Teaspoons flour
½ Teaspoon salt
1/16 Teaspoon pepper

Cook tomatoes, water, onion, cloves and sugar twenty minutes. Melt butter, add flour and stir into hot mixture. Add salt and pepper, cook ten minutes, then strain. Add salmon and put in baking pan, pour around half the sauce and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining hot sauce and garnish with parsley. This will serve from four to six persons.

SALMON LOAF

Mrs. Edna Fulton Densmore, 415 12th Ave. No., Seattle

Chop a can of salmon into pieces small,
Then a cup of crumbs in the dish may fall,
Now a cup of nice sweet milk, well beaten eggs just two
Salt and pepper add to this and mix it through and through.
Steam this mixture just one hour, turn out upon a plate,
And serve it with a white sauce, how to make it I will state,
Mix a tablespoon of butter, with a tablespoon of flour,
A cup of milk pour onto this, (a little salt) stir and boil it, not an hour,
But just a few short minutes, then serve it good and hot,
And if your husband thinks like mine, he'll say it hits the spot.

SALMON LOAF WITH CUCUMBER SAUCE

Mrs. O. I. Hall, 2027 15th Ave. So., Seattle

1 Pound can salmon
1 Teaspoon salt
1 Teaspoon sugar

2 Yolks eggs
½ Tablespoon melted butter

2 Tablespoons cold water

A.
1 Teaspoon dry mustard
1 Tablespoon flour
Dash cayenne

B.
¾ Cup milk
¼ Cup vinegar

C.
1 Tablespoon gelatine (level)

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Remove skin from salmon and scald on a platter, then drain in collander or sieve. When dry separate into flakes. Put "A" and "C" together in double boiler. Beat "B" slowly together (on account of vinegar) then pour into "A" and "C" and cook until the mixture thickens. Then pour into mold or small molds.

Cucumber Sauce:—½ cup whipping cream, I saltspoon salt, 2 tabelspoons vinegar, ¼ cup chopped and drained cucumber. The vinegar must be dropped into whipping cream to keep from curdling. Nothing can ever be put into cream before it stiffens.

SALMON LOAF

Mrs. F. H. Warren, 822 E. 79th St., Seattle

One can best salmon, remove skin and bones and pick fine, 4 tablespoons butter, 1 cup fine bread crumbs, 1 level teaspoon baking powder, 3 eggs well beaten, 1 teaspoon lemon juice, salt and pepper to taste. Steam two hours.

Sauce:—1 egg well beaten, 1 cup sweet milk, liquor from salmon, pepper and salt to taste, ½ cup tomato catsup, trim with fresh parsley, serve with thin home-made bread and butter sandwiches.

SALMON LOAF

Mrs. E. F. Taylor, 1614 12th Ave. W., Seattle

One can salmon, take out bones and pick it fine with a fork; 1½ cups cracker crumbs, 1 egg, salt and pepper to taste; 1½ cups of milk. Put in baking powder cans, cover with a cloth and then cover and boil in a kettle one-half hour.

BAKED SALMON

Mrs. C. M. Holmes, 5005 Donovan St., Seattle

Cover the bottom of a six or eight inch pan with a paper thin layer of first, salt pork then of onions, next, if you have them, of sweet peppers. Follow with a layer of tomatoes, either fresh or canned, then the salmon thoroughly mashed, seasoned with a little salt, pepper and Worcestershire Sauce and made into a uniform layer. Cover with flour and butter or cottolene bake twenty-five or thirty minutes.

BAKED SALMON AND GREEN PEPPERS

Mrs. Geo. A. Spencer, 2513 14th Ave. So., Seattle

1 Lb. can salmon picked up, add 2 cups bread crumbs, 1 cup cream, 2 tablespoons butter, salt and pepper and a little chopped parsley. Remove centers of twelve green peppers, fill with mixture and bake ½ hour brown. Put a little water in pan to start them and bread crumbs and a little butter on top of each. Serve 12 with one pepper.

BAKED SALMON MANHATTAN

Mrs. B. Johnson, 162 W. 62nd St., Seattle

1 Lb. can salmon
Juice of ½ lemon
1½ Cups white sauce
3 Eggs
½ Cup cooked peas
A few slices of bacon

Remove the bones and skin of salmon and squeeze the lemon juice over it. Then make the white sauce of 1½ cups of milk thickened with 3 tablespoons of flour and 3 tablespoons of butter, stirring constantly until creamy and the flour is well cooked. Put the salmon into the white sauce and cook a few minutes. Butter a baking dish and pour this mixture into it. Beat the eggs very lightly and season with salt and pepper, add the peas, beat again, and pour over the other mixture. Then lay the bacon over the top and bake in a moderate oven until bacon is nicely browned, or about ½ hour. This will serve six people and makes an excellent luncheon or dinner dish.

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IMPERIAL CREAMED SALMON

H. K. Wittler, 804 Summit Ave., Seattle

Take one can of salmon and break into small pieces, place in sauce pan, add ¼ cup of milk or cream and ¼cup of water. Mix three tablespoons of flour with one of butter, stir this in and heat to boiling point. Add ¼ can of chopped mushrooms, ¼ cup of ripe olives cut into pieces. Stir well to prevent burning and cook until thickened. Now add two tablespoons of sherry (if desired a dash of celery salt) and serve on trimmed piece of evenly browned toast. Sprinkle with a pinch of finely chopped parsley, and garnish with lettuce leaves and sliced or quartered lemon. The quantity of mushrooms and ripe olives can be changed to suit the taste, and a dash of paprika, or a little Worcestershire sauce may be added if desired.

CREAMED SALMON WITH PEAS

Mrs. A. E. Chase, 2338 Boylston No., Seattle

To one can of salmon, boned, add ½ can peas. Make a white sauce of one pint of milk and cream, thickened with three tablespoons flour, one tablespoon butter, dash of red pepper, pinch of salt and a little minced parsley. Put in a buttered bake dish, layer of fish, a sprinkle of peas and layer of bread crumbs; cover with white sauce, and repeat until dish is filled; cover top with bread crumbs and melted butter, bake till brown.

NOTE: This makes a nice fish course for luncheon.

CREAMED SALMON WITH GREEN PEAS

Mrs. J. B. Little, 1002½ A St., Aberdeen

1 Can salmon
1 Can peas
2 Tablespoons butter
3 Tabelspoons flour
1 pint of milk
Salt and pepper to taste

Melt butter in pan, add the flour and mix to a paste, add a little milk and mix smooth, then the remainder of the milk, cook to a rather thick cream, stirring constantly; if too thick add more milk. Drain water from peas and heat salmon in small pieces add with the peas to a cream and serve on toast. This will serve four people.

SALMON CROQUETTES

Mrs. Laura W. Ketcham, 8057 Wallingford, Seattle

Fry three slices of onions in tablespoon of butter for two minutes. Then take out all onion and put one tablespoon of flour in the butter. Make thick, creamy sauce with one pint of rich milk or cream. Then put in one can of shredded salmon with oil poured off. Juice of one lemon, 1 tablespoon mincel parsley, 1 tablespoon Worcestershire sauce, dash of red pepper and salt to taste. When thoroughly cold make into cone shaped croquettes and roll in egg and cracker crumbs. Let stand for 1 hour before frying in deep fat.

SALMON CROQUETTES

Mrs. M. A. Caughlin, 1804 Bellevue Ave., Seattle

1 Lb. can salmon
4 Tablespoons sweet milk
1⅓-Cups bread crumbs
2 Eggs
4 Tablespoons melted butter
Salt and pepper to taste

NOTE: If croquettes are brought to table on one platter pile them in a mound, having a napkin under them.

Drain fish, mash fine, add the beaten eggs, melted butter, bread crumbs and milk in the order named, beat all until a soft paste is formed, place a small spoonful in the beaten egg (ready in a pan), lift from the egg and lay in cracker crumbs,shaping into dainty balls. Fry in deep fat until a delicate brown, remove from fat and drain on manilla paper. Serve hot.

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SALMON FISH BALLS

Mrs. N. Steele, 815 3rd Ave., Seattle

2 Cups salmon, minced
½ Cup drawn butter
Pinch of pepper
1 Cup mashed potatoes
¼ Teaspoon salt

Work in the potatoes with the salmon and moisten with the drawn butter until it is soft enough to mold and will keep its shape. Roll the balls in flour and fry quickly to a golden brown in lard or cooking oil. Take from fat as soon as they are done and lay in seive to drain. Serve on a hot platter. Use more seasoning if desired.

SALMON SANDWICHES

Mrs. J. B. Seavey, Auburn, Wash.

1 Lb. can salmon, remove bones and skin. Pick salmon apart with a fork. Six hard boiled eggs chopped fine. Moisten with salad dressing thinned with cream. This makes fifty sandwiches.

SALMON SANDWICHES AUX TOMATOES

Mrs. C. A. Donaldson, 815 3rd Ave., Seattle

12 Slices of bread toasted on one side
1 Can salmon, free from skin and bones
1 Oz. butter
1 Can tomatoes drained from all liquor
Yolks of six eggs
1 Clove garlic, crushed

Place tomatoes on fire, add butter, season with pepper and salt, add fish. Allow to boil for twenty minutes, strain, return to pot, work in eggs. Allow all to cook until same comes to a paste, cool and spread six slices of toast with mixture, place remaining six slices on top. Trim and cut diagonally across. If any of the mixture is left, place it on border of each sandwich.

SALMON COCKTAIL

Mrs. Geo. A. Spencer, 2512 14th Ave. South, Seattle

Break in bits 1 lb. can of best salmon, and remove bone and skin. Place in eight cocktail glasses, pour over each one tablespoonful of the following dressing. Serve with slice of lemon and wafer. Dressing:

1 Tablespoon horseradish
1 Tablespoon vinegar
1 Tablespoon Worcestershire sauce
2 Tablespoons tomato catsup
2 Tablespoons lemon juice
1 Dash of tobasco
½ Teaspoon salt

Most appetizing before dinner. Serve eight persons.

SALMON ON TOAST

Mrs. Bertha Barton, 713 14th Ave., Seattle

1 Can salmon
1 Quart milk
2 Heaping tablespoons flour
2 Heaping tablespoons butter
1 Lemon
Skant ½ teaspoon salt
A pinch of red pepper
6 or 8 thin slices of toast

Melt butter in a pan, add flour and stir until smooth, add milk gradually and stir carefully until at a boiling point, then add one can of salmon, flaked, stir until thoroughly heated, add salt and a pinch of red pepper. Pour over slices of toast arranged on a platter and squeeze the juice of one lemon over all, then add a little chopped parsley if desired. This should serve six or eight persons.

NOTE: This recipe is original. It can be prepared in a chafing dish at the table.

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Copied from

DEPARTMENT OF COMMERCE

BUREAU OF FISHERIES

Economic Circular No. 33 : : : : Issued December 5, 1917

THE EULACHON

Commonly Called Smelt

A Rich and Delicious Little Fish

RECIPES

FRESH OR FROZEN EULACHON

1. Fried eulachon.—Remove scales, heads, viscera, and tails. Do not split. Dip each fish in well-beaten egg and roll in yellow corn meal. Salt to taste and fry in a well-greased frying pan, turning the fish to brown both sides. Do not have fire too hot. Small sweet cucumber pickles go well with the fish or sliced lemon may be used. Accompany with crisp baked potatoes, which should be eaten skins and all.

2. Fried eulachon.—Remove scales, gills, and viscera of one dozen fish, leaving heads on. Thoroughly mix 1 well-beaten egg, one-half cup of milk, and 1 tablespoonful of flour. Dip each fish, previously salted to taste, in the mixture, and roll in fine cracker crumbs. Fry brown in deep fat and serve with tartar or tomato sauce.

3. Broiled eulachon.—Dress clean and wipe dry. Score a little across the back and broil slowly over a clear fire. Serve on hot platter. Season highly with lemon juice and white pepper.

4. Baked eulachon.—Remove scales, gills, and viscera of one dozen eulachon, leaving heads on. Do not split. Make stuffing of cracker meal, milk, a little salt, and chopped sweet peppers or paprika, and, if desired, a little powdered sage. Stuff each fish with the mixture. Place in a well-greased pan and just cover with a mixture of 1 well-beaten egg, one-half cup of milk, and one-half cup of cracker meal or fine crumbs. Bake until rich brown on top. Serve from pan in which the fish are cooked.

6. Baked eulachon.—Dress and clean fish, split and lay open meat side up and season with salt and pepper. Place in a baking pan and bake from 15 to 20 minutes in a medium oven, brushing fish over once or twice while cooking with beaten eggs applied with a small brush or swab. Garnish with parsley and lemon.

7. Steamed eulachon with drawn butter.—Prepare fish as if for frying. Line the bottom of a baking pan, or agate pan with a wet cloth, place fish in a row in pan, sprinkle with salt and white pepper, cover with another white cloth or napkin wet thoroughly with hot water. Cover with another pan. Place in oven to steam for about 25 minutes, basting frequently with hot water. When cooked, place on a hot platter, serve with drawn butter or tomato sauce, garnish with chopped parsley and sliced lemons.

SALT EULACHON

8. Fried salt eulachon.—If the fish have not been cleaned, remove the viscera as described previously. Soak for one hour, wipe dry and prepare and cook the fish as in the recipes for fresh eulachon.

9. Broiled salt eulachon.—After cleaning, soak, wipe dry, and lay on a broiler in a gas oven or over live coals (wood or charcoal preferably). Broil until brown on both sides. Dress with pepper to taste. Serve with pieces of lemon.

10. Boiled salt eulachon.—After cleaning, soak the desired number of fish one hour in cold water. Tie in cheesecloth bag and boil for a few minutes. Serve with egg sauce and boiled potatoes.

12. Dried salt eulachon.—Remove from brine and drain. Run a slender stick or string through the eyes and hang in strong sunlight or moderate artificial heat until thoroughly dry. If dried in the sun and out of doors, put them under cover at night and do not let them be exposed to any moisture, as the fish are so oily they may become rancid. It will take from two to several days to dry them. When well dried they may be kept for a considerable length of time if sealed or tied up in a paper bag away from moisture. These fish thus prepared may be eaten uncooked, or broiled or baked. No other treatment is necessary.

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Economic Circular No. 11 **SALMON** Issued March 7, 1914

SALADS

1. Salmon salad.—Flake 1 can of salmon fine, 1 cup of cabbage cut fine, 1 cup of celery cut fine, sprinkle a pinch of salt, dash of paprika; mix lightly and chill them. Mix with mayonnaise dressing. Serve on lettuce leaves.

2. Salmon salad.—One large can of red salmon, 1 cup chopped celery, 1 cup chopped English walnuts, 4 or 5 sweet pickles (gherkins). Mix well with cream mayonnaise.

3. Salmon cream salad.—Beat 4 egg yolks; add slowly while stirring one-quarter cup of olive oil, 4 tablespoonfuls of vinegar, and 1 tablespoonful of lemon juice; cook in a double boiler until it thickens; when cool add one-quarter cupful of olive oil, 1 tablespoonful of pulverized sugar, 2 level teaspoonfuls of salt, 3 tablespoonfuls of finely minced pimentoes, and 1 cupful of double cream; mix well with 1 can of salmon (drained, and with skin and bones removed); garnish with finely chopped whites of hard-boiled eggs, and the hard-boiled yolks forced through a potato ricer; heap in a salad bowl and encircle with slices of hard-boiled eggs and sprays of watercress or parsley.

4. Salmon salad sandwiches.—One pound can of salmon, 1 tablespoonful of any preferred salad dressing, 2 tablespoonfuls of finely chopped cucumber pickles (sour), 1 teaspoonful of grated onion or onion juice, one-half teaspoonful mixed salt and pepper. Mix thoroughly and spread between thin slices of bread.

5. Salmon and pea salad.—Prepare 1 quart of aspic jelly (made with gelatine after the regulation recipe), half fill a mold with it, and allow to set; arrange in it 1 can of minced salmon (drained and with skin and bones removed), pour over it a little more of the liquid jelly which has been kept in a warm place, add a few slices of hard-boiled eggs; let set again until it stiffens, then pour over all the remainder of the quart of liquid jelly. Set in a cold place; when ready to serve, turn out and decorate with cold boiled peas (or canned peas which have been washed in cold water and drained). Serve with mayonnaise dressing.

6. Salmon a la Deutsch.—Remove the skin and bone from 1 can of salmon; cut into half-inch cubes enough cold potatoes to make 1 cupful; chop fine one-half cupful of hard-boiled eggs and add to the salmon and potatoes; marinate with a French dressing; when ready to serve, moisten with any good boiled salad dressing, and garnish with chopped pimentoes, slices of hard-boiled eggs, and sprays of parsley.

STEAMED DISHES

7. Salmon en casserole.—Cook 1 cup of rice; when cold line baking dish. Take 1 can of salmon and flake, beat 2 eggs, one-third cup of milk, 1 tablespoonful of butter, pinch of salt, dash of paprika. Stir into the salmon lightly, cover lightly with rice. Steam one hour, serve with white sauce.

8. Salmon in mold.—One can of salmon; 3 eggs beaten light; one-half cup of fine bread crumbs; salt, cayenne, parsley; 4 tablespoonfuls melted butter; remove oil, bones, and skin from the fish; mince fish fine; rub in butter until smooth; add crumbs to the beaten eggs; season fish; add eggs and crumbs; put in a buttered hold and steam one hour; serve with sauce.

9. Salmon supreme.—Drain liquor from 1 can of salmon; remove bones and skin; chop fine; rub into it until smooth 4 tablespoonfuls of melted butter; season with salt, pepper, 1 tablespoonful minced parsley, add 3 tablespoonfuls chopped celery; beat 4 eggs well, and one-half cup rolled cracker crumbs; mix all well together; pack into buttered mold; steam one hour. When done turn out on a heated platter; surround with peas (seasoned and drained), and serve with following sauce: Melt 1 tablespoonful butter; rub into it 1 tablespoonful of corn-starch; add slowly 1 cup hot milk, the salmon liquor, salt, pepper, and tomato catsup to suit taste; stir until smooth and thoroughly cooked; serve in separate dish.

BAKED DISHES.

10. Timbales of salmon.—One can of salmon; 4 hard-boiled eggs; 3 eggs; salt; pepper; lemon juice; white sauce; parsley; flake canned salmon into bits, removing all bones and skin; rub the yolks of 4 hard-boiled eggs to a paste, and stir them into the minced fish; mince the white of the eggs as fine as possible, and stir them into the salmon mixture; season with salt, white pepper, and lemon juice, with a dash of cayenne; beat the mixture into the well-beaten yolks of 3 eggs; add the whites of eggs beaten stiff; pour into buttered nappies or timbale cases; set these in pan of boiling water and bake about 25 minutes; turn out on hot platter; pour about the timbales a white sauce, into which chopped parsley has been stirred.

11. Salmon loaf.—One small can of salmon; 1 cup of cracker crumbs; 1 egg; 2 tablespoonfuls of sweet milk; small amounts of nutmeg, paprika, salt; remove bones from salmon, break into small pieces, add well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for 15 minutes; serve hot for lunch.

12. Salmon loaf with rice.—One can of salmon; 2 cups hot boiled rice (1 cup before being cooked); 2 eggs beaten; 2 tablespoonfuls melted butter; juice

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of half a small lemon; salt and pepper to taste; add liquor from salmon can and mix ingredients lightly with a fork; bake in a covered pan set in water one hour in a moderate oven; serve with tomato sauce made by straining and slightly thickening a cup of canned tomatoes well seasoned. Peas, either fresh or canned, may be used instead of the rice, in which case serve with a cream sauce.

13. Baked salmon loaf.—One can salmon, 1 pint of mashed potatoes, 1 cup browned cracker crumbs, 2 cups of parsley sauce. Grease a good-sized mold with butter, sprinkle with cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mold. Cover with potatoes and then cracker crumbs, put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over.

14. Baked canned salmon.—Take off skin from a fine canned salmon steak. Lay in a small granite baking pan and sprinkle with a little pepper and salt and minced parsley. Over the salmon place an inch-thick layer of well-seasoned and beaten mashed potato, shaping to conform to a slice of fish. On top put buttered and seasoned fine bread crumbs. Bake half an hour in a hot oven, basting once in a while with a little butter and cream that the salmon may not dry out. Place carefully on a platter and pour around the steak a cream gravy.

15. Salmon cakes (German).—To 1 small can of salmon add 1 pint of mashed potatoes, prepared as for table use; add 1 beaten egg, 1 tablespoonful of melted butter, salt, and pepper to taste (if too dry add a little milk); make into flake cakes; place in buttered pan. Brown in hot oven.

16. Salmon patties.—Line individual patty pans with a rich paste; put alternate layers of salmon force meat and mashed potatoes into them until the pans are filled, having the mashed potatoes on top; bake one-half hour and serve hot. Prepare the force meat for the above as follows: Take 1 can of salmon, 1 cupful of fine bread crumbs, the beaten yolks of two eggs, 1 tablespoonful of butter, 1 teaspoon of salt, 1 tablespoonful of chopped parsley, 1 tablespoonful of grated onion, and 1 cup of milk; cook together for 5 minutes, stirring carefully.

17. Baked salmon in pepper cases.—One can of salmon, 8 green peppers, crackers, butter, etc. Remove skin and bones from one can of salmon, season with salt and pepper and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter, or left-over stuffing can be used instead. The mixture should be quite moist; if not, add a little milk. Cut lengthwise 8 sweet green peppers, remove seeds, parboil 5 minutes and fill with fish. Put in baking pan, surround pan with hot water, and cook until cases are soft but not broken.

18. Baked creamed salmon with spaghetti.—One can of salmon, one-half pound of spaghetti broken fine, butter size of egg, 1 pint of milk, 2 eggs. Boil spaghetti in salted water until tender, drain in a colander, and pour cold water through it; grease baking dish and put layer of spaghetti, layer of salmon, bits of butter and pepper; continue until all is used. Beat eggs, add milk, and pour over and bake 45 minutes. Serve with or without white sauce.

19.—Deviled salmon.—One can of salmon, 2 eggs, flour, milk, butter, spices, potatoes. Mince 1 can of salmon after removing skin and bones, add the yolks of 2 hard-boiled eggs finely mashed, a little minced parsley, season with salt and pepper and 1 tablespoonful of lemon juice. Make a thick sauce of 1 tablespoonful of butter, 1 tablespoonful of flour, and two-thirds cup of milk. Pour sauce over salmon, and mix. Butter baking dish, fill with mixture, and cover with meringue of mashed potatoes; dot with bits of butter and brown in oven.

20. Potted salmon a la Hebrew.—Scald and drain 3 cans of salmon; remove the skin and bones; rub together in a bowl one-half saltspoonful of paprika, one-half teaspoonful of mace, and 1 level teaspoonful of salt; mix half of this spice mixture with the salmon and place it in an earthen baking dish. Wash free from salt one-half pound of butter; put half of it over the salmon, and 1 clove of garlic sliced thinly; cover and bake one-half hour. Remove the salmon onto a platter; now put the remainder of the washed butter into the baking dish and set aside until the salmon is cold; then add the remainder of the spice mixture to the salmon, and another clove of garlic, peeled and mashed; rub the salmon until smooth, then pour the contents of the baking dish over it and mix well. Pack into small jars, and it will be ready for use in 24 hours. Covered with melted paraffin or suet, it will keep in a cool place for weeks.

21. Salmon turnovers.—Make a light dough as for shortcake. Take 1 can of salmon and remove liquid and bones, 1 can of green peas. Roll out a disk of dough about 6 inches across. Fill with 1 tablespoonful of salmon, 1 tablespoonful of peas, a little salt and pepper, bits of butter. Moisten the edges with cold water, turn over, and press together with a fork. Bake in moderate oven until delicate brown.

22. Salmon souffle.—Separate 1 can of salmon into flakes; season with salt, paprika, and lemon juice. Cook one-half cup of soft stale bread crumbs in one-half cup of milk 10 minutes and add to salmon; then add the yolks of 3 eggs beaten until thick and lemon-colored, and cut and fold in the whites beaten stiff and dry. Turn into a buttered baking dish and bake until firm.

23. Salmon souffle.—Drain and remove the skin and bones from 1 can of salmon; dissolve 2 tablespoonfuls of cornstarch in three-fourths cup of cold milk; add 1 tablespoonful of butter to the milk; season with salt and pepper, and stir over fire until thick and smooth; add the yolks of 2 eggs and 1 teaspoonful

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each of lemon and onion juice; now add 1 teaspoonful of chopped parsley, one-half cupful of bread crumbs, and the beaten whites of 2 eggs; stir well together, add the salmon, mix thoroughly and put into a buttered baking dish; set the baking dish in pan of boiling water and place in hot oven to brown. Garnish with parsley.

24. Scalloped salmon.—One pound can of salmon, one-half cup of fine dry bread crumbs; 1 tablespoonful butter; 1 heaping tablespoonful flour; 1 pint good rich milk; salt, pepper, and paprika. Melt butter in a sauce pan and add flour and stir until melted and mixed but not browned. Remove from the fire and slowly add milk until smooth. Then return to fire to thicken like cream. Add a little salt, pepper, and paprika to suit taste. Remove salmon from the can, remove any bits of bone and skin, and separate the flakes of salmon with a fork. Now butter a pudding dish, add a layer of bread crumbs, then a layer of salmon, and cover with the dressing. Lastly cover top with crumbs and bits of butter and place in the oven about 20 minutes to heat through thoroughly and brown on top. The size of the baking dish will regulate the number of layers of salmon, etc.

25. Scalloped salmon.—One can of salmon; remove all bone and bits of skin; mince fine. Roll 1 dozen crackers fine. Put in a buttered baking dish in alternate layers, adding bits of butter and a sprinkling of salt and pepper to taste. Have the top layer of crackers, and add sufficient milk to moisten the whole mass (about 1 pint). Bake 30 minutes and serve hot.

26. Scalloped salmon.—One can of salmon, 1 pint of milk, 1 egg, 1 heaping tablespoonful of butter, 2 rounding tablespoonfuls flour. Put the milk on stove in double boiler, keeping out one-half cup. Mix butter and flour to a smooth paste, and add the egg well beaten, then the one-half cup of cold milk. Mix well and then stir into the milk, which should be scalding. Stir until smooth and thick like gravy. Season with salt and pepper and set aside to cool. Butter a baking dish and fill with alternate layers of flaked salmon and the cream dressing. The top layer should be of the dressing. Sprinkle with cracker crumbs and bake one-half hour in moderate oven.

27. Scalloped salmon.—One can of salmon, 4 tablespoonfuls of butter, 2 tablespoonfuls of flour, 1½ pints of milk, 1 teaspoonful salt. Mix cream, butter, and flour together, add the milk, and cook until thick. Butter the baking dish, cover the bottom with fine cracker crumbs (or flaked hominy), add a layer of salmon picked apart and bones removed. Then add a layer of cracker crumbs (or hominy), alternating with salmon. Pour the hot dressing over it. Place in the oven and bake 20 minutes.

BOILED DISHES

28. Salmon and tongue en casserole.—One can salmon, 1 veal tongue, butter, sherry wine or vinegar. Cook veal tongue in salted water until tender. Cut tongue into small pieces, place in casserole with 1 can of salmon freed from skin and bones, dot well with butter, add one-fourth cup boiling water. Pour over whole a wineglassful of sherry wine or 2 tablespoonfuls tarragon vinegar. Boil slowly about three-quarters of an hour and do not open until ready to serve.

29. Salmon in potato border.—While potatoes are boiling prepare the salmon as follows: To 1 can add 2 tablespoonfuls of butter, 1 teaspoonful of salt, a little paprika, 2 cups of milk, and 1 cup of fine bread crumbs. Boil together in a sauce pan and rub until smooth; keep in a warm place while you mash the potatoes and arrange them in a border on a platter. Heap the hot salmon in the center; dot the potato border with butter. An extra touch may be added by pouring a cup of white sauce over the salmon and garnishing with slices of hard-boiled eggs.

30. Salmon a la Creole.—Cook in 2 heaping tablespoonfuls of butter 1 finely chopped green pepper, 1 minced onion, and 1 chopped tomato (or one-half cup of canned tomatoes); add 1 cup of milk; stir until the pepper and onion are soft; add 1 can of salmon, drained and minced; simmer; serve hot.

FOR CHAFING DISH

31. Barbecue of salmon.—Marinate 1 can of salmon in 1 tablespoonful of pure olive oil, 1 tablespoonful of minced onion, 1 teaspoonful of cider vinegar, 1 teaspoonful of salt, and 1 tablespoonful of Worcestershire sauce. Into the upper part of the chafing dish put one-fourth teacupful of tomato catsup, 1 tablespoonful of butter, a few capers, and one-fourth cup of hot water; stir until hot and add the marinated salmon; stir well; add one-half can of peas (drained and washed); cover and let stand over the hot water pan until quite hot. Serve hot from the chafing dish, accompanied by sandwiches of thinly sliced brown bread.

32. Salmon a la Newberg.—Dissolve 1 dessert spoonful of cornstarch in 1 pint of cold milk; add 1 tablespoonful of butter, 1 beaten egg, and cook until thick; season with salt and paprika to taste; add 1 can of drained salmon, 1 teaspoonful of lemon juice, and 3 tablespoonfuls of double cream. Serve on toasted bread or crackers.

33. Salmon Hollandaise.—Melt 2 tablespoonfuls of butter in the upper pan, add 1 can salmon (drained), 1 can of peas (drained and washed in cold water), 1 level teaspoonful of salt, and a little paprika; add the juice of 1 lemon and stir until hot; serve on toasted crackers.

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34. Creamed salmon in chafing dish.—Three large tablespoonfuls of butter; melt; stir in a large tablespoonful of flour and one-half teaspoonful of dry mustard; 1 cup of milk; stir until a thick gravy; then stir into this 1 cup of flaked salmon; season well with salt, pepper, and paprika; one-fourth teaspoonful of Tobasco sauce, and, the last thing, pour into this one-half cup of catsup; serve on hot toast or on toasted crackers.

35. Salmon in chafing dish.—Put into the blazer 2 tablespoonfuls of butter, a finely minced onion, a sweet green pepper minced and seeded; and a cup of tomatoes; let it cook 2 or 3 minutes; then add one-half cup of boiling water and one-half pint of canned salmon; salt to taste; serve as soon as fish is heated.

CREAMED SALMON

36. Creamed salmon.—One can of salmon; 1 quart sweet milk; 3 ounces butter; 3 eggs; 2 ounces flour; 1 ounce chopped onion; salt, pepper; melt together butter and flour, and when creamy add 1 quart hot milk; add onion, salt and pepper; break in 3 raw eggs, and draw to back of stove till eggs set and will remain in chunks when stirred; add salmon after removing skin and bones; put back on fire and let boil up once.

37. Creamed salmon.—Make a good white sauce by rubbing a tablespoonful of flour into a tablespoonful of melted butter; when smooth add 1 cup of cold milk, and stir while it is cooking; add 1 can of salmon separated into small pieces; if the sauce seems too thick, add a little of the liquor from the fish; serve this on soft buttered toast or square soda crackers; this may be varied by adding one-half teaspoonful of curry powder to the sauce, rubbing it in with the flour and butter; serve for breakfast, dinner, or supper. It can be prepared in 10 minutes.

38. Creamed salmon.—One can of salmon; 1 cup milk; 2 level tablespoonfuls flour; 2 level tablespoonfuls butter; 1 teaspoonful chopped parsley; melt butter; add flour, rubbing together over blaze until flour begins to cook; add milk, stirring constantly; boil till smooth; add parsley and salmon; keep on stove till salmon heats through; serve on squares of buttered toast or in pastry cups.

MISCELLANEOUS

39. Curried salmon.—Melt 2 tablespoonsfuls of butter in a sauce pan, add one-third cup of flour, and 1 teaspoonful of curry powder; rub smooth in 1 pint of milk; stir until it boils; season with salt; add 1 can of salmon, and heat thoroughly while stirring; place in center of a platter, and border with hot boiled rice seasoned with salt and dotted with butter.

40. Salmon fritters.—One and one-third cupfuls of pastry flour, 2 level teaspoonfuls baking powder, one-fourth teaspoonful of salt, 1 egg, two-thirds cup of milk. Mix and sift dry ingredients, add milk gradually, then egg well beaten. Season three-fourths of a cup of minced salmon with salt, cayenne pepper, and lemon juice, if desired. Add to the batter and drop by spoonfuls into deep fat and brown. Drain on brown paper and serve hot with Tartar sauce.

41. Salmon stuffed hot rolls.—Bake ordinary full crust rolls. Use one roll for each person; cut off the tops of the rolls, scoop out the crumbs, brush inside and outside with melted butter, and put into hot oven until they are a delicate brown. Make a creamed salmon with chopped parsley and the whites of hard-boiled eggs in it. Heat the cases, fill with the creamed salmon, cover, and serve.

42. Salmon croquettes.—One pint of chopped salmon, two-thirds cup of cream, 1 large tablespoonful of butter, small tablespoonful of flour, 2 eggs, two-thirds pint of bread crumbs; salt and pepper to taste. Mix the flour and butter, let cream come to boiling point, stir in butter and salmon and seasoning. Boil two minutes, let get cold. Form into croquettes and fry in hot lard.

43. Salmon with white sauce.—One large-sized can of salmon. Heat the salmon and put on platter in one piece if possible. Make white sauce and pour over the salmon. Have 3 eggs hard boiled and slice over top Garnish with parsley.

44. Salmon patties.—One can of salmon. Pour off oil and remove all skin and bones and break into flakes. Melt 1 tablespoonful of butter in a sauce pan, mix smoothly with it 2 tablespoonfuls of flour; then add slowly 2 cups of milk and season with 1 teaspoonful of salt, one-half teaspoonful of pepper, a dash of mace, and 1 teaspoonful parsley minced very fine. Add flaked salmon, cook four minutes, stirring constantly. Put in patty shells and serve.

45. Salmon omelette.—One-half can of salmon, 4 eggs, nutmeg, salt and pepper, 4 tablespoonfuls of boiling water. Beat eggs light (the whites separately), add salmon minced and drained, seasoning, and lastly add hot water. Put in well-buttered omelette pan, cook till firm. Serve with toast for breakfast.

46. Salmon hash.—One can salmon flaked coarse; 1 cup rolled cracker crumbs; 1 cup milk. Have a skillet hot; place 2 tablespoonfuls of butter; when melted, put in the cracker crumbs, stir; then the flaked salmon; stir these together, season well with pepper, salt, a dash of cayenne, and then mix one-fourth teaspoonful of dry mustard with the oil that was on the salmon and stir in the mixture, then 1 cup of milk. When the whole is thoroughly heated through and thick it is ready to serve. This makes an excellent dish to prepare on short notice.

47. Salmon eggs.—Three hard-boiled eggs, one-half cup shredded salmon, 2 tablespoonfuls mustard pickles, 4 chopped green olives, salt and pepper to taste, 3 tablespoonfuls of mayonnaise (thin with lemon juice or vinegar). Cut eggs in half, remove yolks. Mix together yolks, salmon, pickles, olives, mayonnaise, salt, and pepper. Put this mixture into the halved whites of eggs. Serve on lettuce leaves, with a teaspoonful of thick mayonnaise on each egg.

48. Dressing for loaf.—One cup sweet milk (added to the juice of salmon),

1 tablespoonful butter, 1 tablespoonful of flour; cook till thick. Add 1 egg beaten light and pour over loaf.

49. Sauce for salmon.—Thicken 1 cup of boiling milk with 1 teaspoonful of cornstarch (or flour) and 1 tablespoonful of butter rubbed together. Add liquor from the salmon, season with salt, cayenne, and 1 tablespoonful of tomato catsup. Just before taking from the fire add 1 beaten egg.

50. Salmon soup.—One can of salmon; bring 1 quart of milk to boil in double boiler, season with pinch of salt, pepper, and Spanish saffron, also a dash of nutmeg, if liked; then thicken with 3 tablespoonfuls of flour rubbed into 3 ounces of butter. Add contents of a can of salmon carefully freed from bones and skin and rubbed to a paste. Blend all carefully, and just before taking up add one-half teaspoonful onion juice and sprinkle with shredded parsley.

SPECIAL NOTICE TO HOUSEWIVES

In buying fresh fish, see that eyes are bright and prominent and the flesh firm, not flabby.

FISH AS FOOD

In these days when the cost of living has become such an important factor, it is necessary for the average housewife to give careful thought to providing for her table. The articles procured must not only be reasonably cheap, but they must be palatable and nourishing.

As fish meets these requirements, attention is called to it as one of the articles that should daily have an important place on each bill of fare.

Not only from an economic, but from a health standpoint is it desirable that fish should be more freely used by working people of all classes,—those who work with their hands,—fish is an economical source of energy necessary to enable them to carry on their work, and for children and young persons it furnishes the very materials that are needed to enable them to grow healthy and strong.

Another very important reason why fish should be generally used is its easy digestibility. Even feeble stomachs, that cannot readily deal with meat, find little difficulty in assimilating fish. The rapidity with which any kind of meat dissolves in the stomach depends largely on the fineness of its fibres. Thus beef is less digestible than mutton, because the fibres are longer and harder, and again mutton is less digestible than the breast of fowl. In fish the muscle fibres are very short and are arranged in flaky masses, which are easily separated from one another. Hence fish lends itself to comparatively speedy digestion. Of course, fish differ greatly in digestibility, the leankinds being more readily disposed of than the fat, and salt fish, owing to the hardening of the fibre during the salting, lingers longer in the stomach than fresh fish. Moreover, fish is less stimulating as a food than meat, which is a matter of importance in these days of heavy nervous tension.

In this connection, however, an important feature must not be overlooked, viz., **that, as in other foods, the digestibility and nutritive value of fish largely depends on the cooking of it.**

CLASSES OF FISH

Fish may be divided into two classes, viz., oily and non-oily. Of the two, oily fish are the more nutritious. They comprise such kinds as salmon, trout, mackerel, herring, and eels, and have the oil mingled through the flesh. Haddock, cod, hake, polock, and halibut, etc., are non-oily fish; that is, the oil is contained in the liver and is removed when the fish is dressed for cooking. They are thus more suitable for invalids, and people of weak digestion, than the oily kinds.

In preparing fish for cooking it should not be allowed to stand in water for a long time. It spoils the flavor, and the food substances are likely to be dissolved.

HINTS ON FRYING FISH

There are three ways of preparing fish for frying, viz.: firstly, dipping it in milk and flour; secondly, coating it with prepared batter; and thirdly, egging and crumbling. The last is considered the nicest, but is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Drippings, lard, or oil can be used for frying purposes.

The fat must be quite hot—in fact, be smoking—before the fish is put in, so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavor and make it indigestible.

Only a small quantity of fish should be fried at a time, and the fat should be allowed to get thoroughly hot before the next lot is put in.

As soon as the fish is brown on both sides, drain it on paper or a cloth, so as to absorb all the fat. It should then be dished up on a folded paper and placed on a hot dish.

When the frying is ended, allow the fat to cool a little, strain it to remove any loose crumbs or bits of batter, and the fat will then be quite fit for future use.

HINTS ON BOILING FISH

Clean and wash in plenty of cold water the fish intended for boiling. Add a little salt to the water; this will help to clean it, and keep the fish firm.

Cod, haddock, conger eel, mackerel, hake, etc., are best suited for boiling.

The fins should be cut off and the eyes taken out, if a small fish such as haddock or mackerel.

Put the fish into warm water; add sufficient salt and vinegar to taste. vinegar helps to keep the fish firm and white.

Allow about ten minutes for each pound of fish, and fifteen minutes over, if large. A moderate-sized fish usually takes from fifteen to twenty minutes to cook. Fish must not be allowed to boil fast; the slower it boils the better. When cooked, it should have a creamy appearance, and come easily from the bones. When done, lift it out carefully, let it drain, and place it on a hot dish. Serve with melted butter, parsley, caper, eggs, or anchovy sauce. Boiled fish ,when once cooked, should be served promptly.

The water in which fish is boiled should not be thrown away, for it can be used as stock for soups and fish sauces and stews.

FURTHER HINTS

In buying fish see that the eyes are bright and prominent and the flesh firm,—not flabby.

Plain boiled or mashed potatoes should always be served with fish. Squash and green peas also go well with it.

As the remains of boiled fish can be warmed up with a little butter, pepper, salt and water, making an excellent stew, they should always be saved.

Canned fish should never be allowed to remain long in the can after opening. It should be used at once.

While cold-storage facilities enable fresh fish, in prime condition, to be available during all months of the year, it should not be forgotten that most varieties are caught more plentifully at certain seasons of the year, and should then be available most cheaply.

Atlantic salmon are caught mainly in June, July and August. Pacific salmon of different varieties are caught nearly all the year round.

Cod are mainly caught from April to November; but are most plentiful from June to September, both months inclusive.

Haddock are caught most plentifully from April to January; but most plentifully from June to August and from November to January.

Herring are caught on the Atlantic coast from April to November. They are in best condition from July to October. On the Pacific coast they are most plentiful from November to February.

Mackerel are caught from May to November. They are most plentiful in May, June and in September and October.

Halibut are caught all the year round. They are most plentiful from May to November.

Smelts are caught from October to February. They are most plentiful in December, January and February.

Oysters are taken in October and November; but as oyster culture is now being undertaken on a large scale they will soon be available during several months in the year.

Little-Neck or Hard-Shell Clams are taken in May, June and September. Long-Neck or Soft-Shell Clams are taken all months in the year.

Sea Mussels are available during the whole open-water season.

TIME-TABLE FOR BOILING FISH

Lobster	25 to 30 minutes
Cod and haddock (3 to 5 pounds)	20 to 30 minutes
Bass or bluefish (4 to 5 pounds)	40 to 45 minutes
Halibut (2 to 3 pounds)	30 to 45 minutes
Salmon (2 to 3 pounds)	30 to 35 minutes

Garnish haddock or halibut with slices of hard-boiled eggs and parsley, and serve with drawn butter, egg sauce or Hollandaise sauce.

Garnish salmon with slices of lemon and parsley, and serve with any preferred sauce.

Baking—Clean fish and bake on a greased fish sheet in a dripping pan. In the absence of a fish sheet, strips of white cloth may be placed under fish by which to lift it from the pan.

TIME-TABLE FOR BAKING FISH

Bake thick cuts, weight 3 to 4 pounds	45 to 60 minutes
Bake small fish	20 to 30 minutes

SAUCES FOR BAKED OR BOILED FISH

TOMATO SAUCE

2 Cups tomatoes
1 Cup water
1 Slice onion
Cloves
3 Tablespoons butter
3 Tablespoons flour
½ Tablespoon sugar
Salt and pepper

Cook tomatoes, water, onion, three cloves and sugar together twenty minutes. Melt butter, add flour and stir into the mixture. Add three-quarters teaspoon salt and a dash of pepper; cook ten minutes and strain.

DRAWN BUTTER

⅓ Cup butter
3 Tablespoons flour
1½ Cups hot water
1-8 Teaspoon pepper
1 8 Teaspoon pepper

Melt half the butter; add flour mixed with seasoning and then hot water gradually. Boil five minutes and add remaining butter in small pieces.

EGG SAUCE

Add two hard-boiled eggs cut in slices to drawn butter, or add beaten yolks of two eggs and a little lemon juice to drawn butter.

HOLLANDAISE SAUCE

½ Cup butter
2 Egg yolks
1 Tablespoon lemon juice
¼ Teaspoon salt
Few grains cayenne
⅓ Cup boiling water

Wash butter with cold water and divide in three parts. Put first piece in saucepan with egg yolks and lemon juice; place this pan in a larger saucepan containing boiling water and stir with a wire whisk uneil butter is melted; add second piece of butter and, as it thickens, the third. Add water, cook one minute and add salt and cayenne.

STUFFING FOR BAKED FISH

1 Cup bread and cracker crumbs
¼ Cup melted butter
¼ Cup hot water
¼ Teaspoon salt
1 8 Teaspoon pepper
Onion juice

Mix ingredients, using only a few drops of onion juice.

OYSTER STUFFING

1 Cup cracker crumbs
¼ Cup melted butter
½ Teaspoon salt
1½ Teaspoons lemon juice
1 Cup oysters
1 8 Teaspoon pepper
½ Tablespoon chopped parsley

Mix seasoning and butter with crumbs. Remove tough parts of oysters; add soft parts to the mixture, moistening with two tablespoons oyster liquor. (or oil)

FRYING

Clean fish and dry it: sprinkle with salt, dip in meal, flour or crumbs, then in egg and again in flour or crumbs and fry in deep fat. Fish may be seasoned, rolled in meal and sauted in a frying pan, using butter or pork fat or cooking oil. See page 30.

Fry scallops, oysters and clams as fish, or dip them in batter and fry in deep fat. Use high flame.

BATTER FOR OYSTERS OR CLAMS

2 Eggs
1 Teaspoon salt
1 8 Teaspoon pepper
1 Cup bread flour
¾ Cup milk

Beat eggs, add milk, flour, salt and pepper.

MISCELLANEOUS

Frying.—Procure slices about three-quarters of an inch thick, wipe and season with salt and pepper; fry in the ordinary way; place the cooked fish on a hot dish; garnish with parsley and slices of lemon and serve quickly.

Panned Fish.—This is suitable for any small fish or such as can be cut in slices. Have the fish well cleaned, seasoned with pepper and salt and dried with a little flour or, better still, very fine bread-crumbs. Have a large frying-pan smoking hot with as little grease in it as will keep the fish from sticking. Drippings from good, sweet salt pork is the best, but any sweet dripping will do. When the fat begins to smoke blue lay in the fish and brown quickly on both sides, then cover closely and set back to cook more slowly, from ten to twenty minutes, according to size of the fish. Bass in all its varieties is suitable to cook in this way, so are butter-fish, cisco, perch, herring, trout, bream, etc.

Steamed Fish.—Clean carefully, but without removing head or fins. Rub inside and out with salt, pepper, and lemon juice, laying slices of onion inside, if liked. Lay on a buttered paper and steam till the flesh parts easily from the bones. Lay on a folded napkin, dress with lemon and parsley and send to the table with Poulette sauce.

Baked Fish fresh water).—The best fresh-water fish to bake are Whitefish, Bass, Pickerel, Pike, etc., all having white flesh. They should be basted often and a stuffing also serves to keep the fish moist, as well as to season it. Clean, wash and wipe dry the fish. If fish is slimy, like Muskalonge, scald with hot water before attempting to clean. Rub with salt inside and out, stuff and sew with soft cotton, leaving knot at one end, so cotton can easily be removed when fish is cooked. Put fish on a sheet and rub all over with soft butter, salt and pepper, cut gashes about two inches apart and place narrow strips of salt pork in them. Dredge with flour, if desired, and put in hot oven, without water, basting with hot water and butter as soon as it begins to brown, and repeat every ten minutes. Remove it carefully from the fish sheet and place it on a hot platter, remove string, wipe off all water or fat which runs from the fish and remove the pork. Pour drawn butter sauce around (not over) the fish. Flavor sauce with lemon, piling potato chips lightly around fish. Garnish the head with parsley or water-cress.

Boiled Fish.—Clean, wash and dry the fish. Split so that the backbone will be in the middle when the fish is lying flat, or remove the backbone. Sprinkle with salt and lay, inside down, upon a buttered gridiron over a clear fire until it is nicely colored, then turn. When done put upon a hot dish, buttered plentifully, and pepper. Serve hot.

Creamed Fish for Breakfast.—Soak the required amount of fish overnight. In the morning turn off the water, tear the fish into small pieces, cover with fresh water, bring to a boil, drain, and cook one minute in a rich cream sauce. The addition of a beaten egg makes it very delicious. Serve on buttered toast.

Creamed Fish and Cheese.—Prepare the fish as in the preceding recipe, turn into a buttered baking-dish, sprinkle grated cheese thickly over the top and bake a delicate brown.

Fish Salad.—Shred some boiled salmon, halibut, or other fish, mix with it half as much boiled potato cut in small cubes; serve on lettuce leaves with salad cream. Shredded lettuce or peas may be used in place of potatoes. Garnish with sliced lemon and boiled beets cut in fancy shapes.

Stuffing for Baked Fish, No. 1.—For a fish weighing four to six pounds take one cup of cracker crumbs, one saltspoonful of salt, one saltspoonful of pepper, one teaspoonful of chopped onions, one teaspoonful of chopped parsley, one teaspoonful of capers, one teaspoonful of chopped pickles.

Stuffing for Baked Fish, No. 2.—Take about half a pound of stale bread and soak in water, and when soft press out the water; add a very little chopped suet, pepper, salt, a large tablespoonful of onion minced and fried, and, if prepared, a little minced parsley; cook a trifle, and after removing from the fire add a beaten egg.

Stuffing for Baked Trout.—To enough breadcrumbs add a little onion and anchovy sauce. Crumble a small piece of cooked salmon into the dressing. Add butter, pepper, salt and savory. Mix thoroughly.

Fish Balls, No. 1.—Take the fish left from the dinner, put it in your chopping tray, being careful that there are no bones in it; chop fine. Pare and boil potatoes enough to have twice the quantity of potatoes that you have of fish. When cooked turn them into the tray with the fish, mash fine, and make into balls about the size of an egg. Flour the outside lightly; have the fat boiling hot, and fry a light brown. The fat should be half lard and half salt pork. Have the slices of pork a nice brown, and serve with the fish balls.

Fish Balls, No. 2.—One cup salt fish, freshened and stripped; two cups potatoes cut in cubes; one teaspoonful butter; pepper, one egg, well beaten. Boil the fish and potatoes together about fifteen minutes, or until the potato is done; drain off the water and mash together until fish and potatoes are perfectly blended. Add the butter and pepper, and beat with a fork until light. Let it cool a little and then add the egg. Shape lightly in a spoon, slip into a frying basket and fry one minute in smoking hot lard. Do not fry more than five at a time, as more cools the fat. Drain on a paper, garnish with parsley, and serve hot. These may be served with a tomato sauce. (See under "Fish Sauces.")

FISH BALLS

1 Cup salt fish picked fine or cut with scissors
1 Pint potatoes
1 Egg
1/8 Teaspoon pepper
Salt, if needed
1 Teaspoon butter

Wash fish and free it from bones. Pare potatoes and cut them in quarters. Put fish and potatoes in saucepan, cover with boiling water and boil twenty-five minutes, or till potatoes are soft. Drain off water and mash and beat fish and potatoes until they are light. Add butter and pepper, and, when slightly cooled, the egg well beaten. Shape and fry in a basket in smoking hot lard one minute. Drain on brown paper. Use high flame.

Fish Cakes.—Wash salt codfish and separate in pieces; there should be one cupful. Wash, pare and soak potatoes and cut in pieces of uniform size; there should be two cupfuls (heaping). Put fish and potatoes in kettle with a generous supply of boiling water, and cook until potatoes are soft. Drain, return to kettle, mash, add one egg, well beaten, one teaspoonful butter, one-eighth teaspoonful pepper, and a few drops of onion juice. Shape in flat cakes, roll in flour and saute in pork fat.

Fish Toast.—One cup flaked cold fish, free from skin and bones. Heat in water sufficient to moisten; add butter, pepper and salt. When hot pour on slices of buttered toast; garnish with eggs poached in muffin rings.

Fish Chowder No. 1.—Take a fresh fish of three or four pounds, clean it well and cut in pieces of three inches square. Place in bottom of your dinner pot five or six slices of salt pork, fry brown, then add three onions, sliced thin, and fry these brown.

Remove the kettle from the fire, and place on the onions and pork a layer of fish. Sprinkle over a little pepper and salt, then a layer of pared and sliced potatoes, a layer of fish and potatoes, till the fish is all used up. Cover with water, and let it boil for half-hour.

Pound six biscuits or crackers fine as meal and pour into the pot, and lastly add one pint milk. Let it scald well and serve.

Fish Chowder, No. 2.—Skin a four-pound fish, wash thoroughly, and cut the fish from the bones in pieces about two inches square. Cover the head and bones with cold water and boil one-half hour. Slice two small white onions in a pan with four slices of thin, fat, salt pork. When tender, skim out the pork and onions and add the strained bone liquor and one quart of sliced raw potatoes. Cook ten minutes, then add the fish, one tablespoonful of salt, one-half teaspoonful of white pepper, when the potatoes are tender, add one quart of hot milk which has been thickened with two ounces of butter and flour mixed together. Do not break the fish by needless stirring. Split six crackers, arrange in a tureen, and pour the fish chowder over them.

SALT FISH

All salted fish must be rinsed thoroughly to remove the outside salt before being put to soak. Always tear it in pieces, never cut with a knife.

RECIPES FOR COOKING FISH

And Information Regarding Different Kinds of Fish

COD, HAKE AND POLLOCK

Boiled Cod.—Put the fish into a large pan with enough tepid water to cover. Add salt and enough vinegar to flavor the water, boil gently till the fin or tail bone will come out if lightly pulled. When fish is boiled too fast the skin will break. A medium-sized piece of fish usually takes from fifteen to twenty minutes to cook. When done lift the fish carefully out of the water, drain it, and dish up. Serve with melted butter, anchovy or parsley sauce.

Broiled Cod.—Procure two or three slices of cod, about three-quarters of an inch thick, wipe the fish, and season with salt and pepper; broil the slices over or in front of a good fire, for about fifteen minutes, with a little butter spread on each slice. Use a gridiron, or else cook the fish on a hot dish; garnish with parsley and slices of lemon, and serve quickly.

Baked Cod Steak with Bacon.—Procure a slice of cod weighing from one-half to three-quarters of a pound. Wipe it, and place on a buttered baking tin. Prepare a mixture of break crumbs, savory herbs, and parsley, and bind it with a little beaten egg. Place this upon the fish, and season. On top put one or two thin slices of bacon, and bake for about twenty minutes in a moderate oven. Dish up, pour around some anchovy sauce, and serve.

Cod Steak with Macaroni.—Two slices of cod, one ounce bread crumbs, one teaspoonful of chopped parsley and mixed herbs, a little egg, two ounces boiled macaroni, one ounce butter, one-half ounce flour, one-half pint fish stock or milk, one-half tablespoonful anchovy essence, and a little grated cheese.

Wipe the fish, and place on a buttered baking tin. Prepare a stuffing of the bread crumbs, savory herbs, and parsley, and bind it with a little beaten egg. Place this upon the fish. On the top put the cooked macaroni, besprinkle with

grated cheese, and bake for about twenty minutes in a moderate oven. Prepare the anchovy sauce. Dish up the fish when cooked, pour over the sauce, and serve.

Curried Cod.—Two slices large cod, or remains of any codfish, three ounces butter, one onion sliced, a teacup of white stock, thickening of butter and flour, one tablespoonful of curry powder, one-quarter pint of cream, salt and cayenne to taste. Flake the fish and fry to a nice brown, color with the butter and onions; put this in a stew pan, add the stock and thickening, simmer for ten minutes. Stir the curry powder into the cream; put it with the seasoning into the other ingredients; give one boil and serve. Time, three-quarters of an hour. Sufficient for four persons.

Shredded Cod baked with Cream Sauce.—Boil four or five pounds of fresh cod. When cooked, drain and shred in fine pieces and set away to cool. Make the following sauce for a five-pound piece of fish: Boil one quart of milk with one onion and a little finely chopped parsley. Set it aside. Mix one cup of butter with enough flour to absorb it. Add this to the milk and boil until it is the consistency of custard. Season with a dash of cayenne and salt to taste. Put a layer of shredded fish in a baking dish, cover with a layer of sauce, then a layer of fish and so on until the dish is filled. Have the last layer of cream. Cover with fine bread crumbs. Sprinkle with pieces of butter and bake in the oven until the top is a nice brown. Small boiled potato balls covered with cream sauce should be served with this.

Codfish Balls, No. 1.—Boil one cup codfish with four good-sized potatoes; when done mash potatoes and fish together, a good-sized piece of butter, a little pepper and one egg beaten; roll in a little flour to form balls and place in frying-pan; fry brown on one side in butter, turn and brown the other side.

Hake Steak with Fried Onions.—Proceed as directed for cod steak, using a thick slice of hake in place of cod. Skin and slice thinly one large onion, or two small ones; fry this, in one ounce of butter or dripping, to a golden brown. When the fish is cooked, dish it up, and surround with the fried onions, then serve.

HALIBUT

This fish may be cooked in the same way as directed for cod, haddock, etc.

Broiled Halibut.—Season the slices with salt and pepper and fry them in melted butter for half an hour, having them well covered on both sides, roll in flour and broil for ten minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about an inch thick, and for every pound there should be three tablespoonfuls of butter.

Baked Halibut.—Arrange six thin slices of fat salt pork (about two and one-half inches square) in a baking pan. Wipe a two-pound (or as much as you happen to have) piece of halibut with a damp cloth and place it in the pan. Mask the fish with three tablespoonfuls of butter creamed and mixed with three tablespoonfuls of flour; then cover the top with three-quarters of a cupful of buttered cracker crumbs and arrange five thin strips of fat salt pork over the crumbs. Cover with buttered paper and bake fifty minutes in a moderate oven, removing the paper during the last fifteen minutes to brown the crumbs and pork. Garnish with thin slices of lemon (cut in fancy shapes if desired) then sprinkle with finely chopped parsley. Serve with the following sauce: Melt three tablespoonfuls of butter, add three tablespoonfuls of flour; stir until well blended, then pour on gradually, while stirring constantly, one and one-half cups of hot water. Bring to the boiling point; add three tablespoonfuls of butter and season with one-half teaspoonful of salt and one-eighth teaspoonful of butter.

Halibut Cutlets.—Cut your halibut steaks an inch thick, wipe them with a dry cloth, and season with salt and cayenne pepper. Have ready a pan of yolk of eggs well beaten and a dish of grated bread-crumbs. Put some fresh lard of beef drippings in a frying-pan and hold it over the fire till it boils. Dip your cutlets in the egg, and then in the bread-crumbs. Fry a light brown; serve up hot. Salmon or any large fish may be fried in the same manner.

Fried Fillet of Halibut.—Remove the skin and bones from a slice of halibut weighing one and one-quarter pounds. Cut each of the four pieces thus made, in halves lengthwise, making eight fillets. Sprinkle with salt, pepper, and lemon juice. Roll and fasten with small wooden skewers. Dip in crumbs, egg, and crumbs, and fry in deep fat.

Halibut Rarebit.—Melt one teaspoonful butter, add a few drops of onion juice and one tablespoonful corn-starch mixed with one-half teaspoonful salt and one-quarter teaspoonful paprika, then pour on gradually one cup milk, add three-quarters cup of soft cheese, cut fine, and one cup of cold, flaked, cooked halibut. When cheese is melted add one egg slightly beaten and one tablespoonful lemon juice. Serve on crackers.

Scalloped Halibut.—Shred one cupful of cold boiled halibut; pour in the food pan one and one-half cups milk and let come to a boil; add butter size of an egg, salt and pepper, then the crumbs of four crackers, add lastly the halibut; let it cook five minutes, then add two hard-boiled eggs chopped fine, and serve on a hot platter with bits of buttered toast.

HADDOCK

Baked Stuffed Haddock.—Wash, scale, and wipe a large fresh haddock, and remove the eyes. Prepare a stuffing with one ounce chopped suet, two ounces of bread-crumbs, one teaspoonful herbs and parsley, and season with salt and pepper. Mix the stuffing with half an egg. Stuff the body of the fish with this, and sew up the opening. Pass a trussing needle, threaded with string, through the tail of the fish, centre of body and the eyes, draw the fish up into the shape of the letter S, brush over with beaten egg, and sprinkle over some bread-crumbs and a few pieces of drippings. Bake in a brisk oven for about half an hour or longer, basting frequently. Dish up and serve with brown sauce or melted butter or a little gravy.

Baked Haddock.—Clean a four-pound haddock. Sprinkle with salt inside and stuff and sew. Cut gashes on each side of backbone and insert narrow strips of salt port. Place on a greased fish sheet or something to raise it from the bottom. Sprinkle with salt and pepper, dredge with flour, and place around fish small pieces of salt pork. Bake one hour in a hot oven, basting often. Serve with drawn butter sauce or egg sauce.

Smoked or Finnan Haddock.—The following methods for cooking smoked haddock are especially recommended:

1. Put a smoked haddock into a flat saucepan or frying-pan with a pint of milk, or half milk and half water; sprinkle over a grate of nutmeg, and cover the fish with a plate. Cook in front of a fire or in the oven for about 20 minutes; then take up the haddock, place it on a hot dish and serve.
2. Cook one or two haddocks in a Yorkshire pudding tin, with a little water, in the oven for about thirty to thirty-five minutes, according to the size of the fish. When done, take up, drain, and place on a hot dish. Put a few small pieces of fresh butter over the top and serve.
3. Cook the fish as directed in one of the foregoing ways; remove the bones carefully, and place it on a hot dish. Spread over with fresh butter, and put a few nicely poache dand trimmed eggs on top, and serve.

FLOUNDER

This is a fish that is not so generally used as it should be. When properly cooked it provides a light and easy digestible food.

This fish may be fried in the usual way or baked as follows:

Baked Flounder.—Fillet of flounder, cut the bones into small pieces, and put in a sauce pan with sufficient water to well cover them. Add a little salt, half an onion, one clove, and cook for fifteen or twenty minutes. (This will make fish stock.)

Place the fillets neatly on a well-greased dish or tin, sprinkle over some finely chopped parsley, and a pinch of powdered sweet herbs (if handy), season with salt and pepper, add a dash of vinegar and just enough fish stock to half cover the fish. Sprinkle over with bread-crumbs to well cover the fish, place a tiny piece of lard or butter here and there, and bake in a hot oven for about a quarter of an hour. If a dish is used, send it to table in the same dish; otherwise, lift the fish carefully out on to a hot dish.

The remainder of the stock can be used for sauce or other purposes.

SKATE OR RAYS

These fish are extremely plentiful around our shores, but for some reason they are scarcely used as food in any form. It is a favorite with those who know its fine flavor.

Skate may be cooked as follows:

Boiled Skate.—Take one and one-half pound of fish, one bay leaf, one or two slices of onion, one dessert-spoonful vinegar, one dessert-spoonful salt, and one and one-half ounces butter.

Procure the fish skinned; cut into strips, and twist into rings. Skinning fish is rather a tedious operation; it is therefore advisable to get it skinned and dressed from the fish dealer. Put the fish into a stew pan or fish-kettle, with enough salted water to well cover it; add a bay leaf, the onion slices, and the vinegar. Bring it to the boil, remove the scum, and cook till tender. Take up the fish, drain well, and put it on a hot dish. Melt the butter in a frying pan, allow it to get brown, then pour it quickly over the fish; sprinkle over a little chopped parsley, and serve.

Also fry in ordinary way.

HERRING

It is to be regretted that only a very small proportion of the great annual catch of this wholesome fish is used as food in this country.

Baked Herring.—Six fresh herring, one-third teacupful vinegar, one-half teaspoonful salt, one bay leaf, one-half teaspoonful pepper, one-half teacupful water.

Fresh herring should not be washed, unless in exceptional circumstances. They should be emptied, the heads taken off, the scales scraped off, and then the herring well wiped. With a sharp knife split the herring up the back and lay it open; cut it in half; lift the bone out, beginning at the head; now roll each half up into a nice firm roll, beginning at the head. From six herring you will have

twelve of these rolls. Stand them in a small pudding dish with the back uppermost—they will quite fill the dish. Now pour in half a teacupful of water and one-third of a teacupful of vinegar, mixed, a bay leaf slipped in at the side, and the pepper and salt.

Cover the dish with a plate, and cook at the side of the fire or in the oven, for half an hour. The herring may be served in the dish in which they are cooked. They are good either hot or cold.

Fried Fresh Herring.—Prepare as above, namely, empty the herring, take off the heads, scrape the scales off and wipe them quite clean; then split them open from the back and lay them flat. Dust over them a little pepper and salt.

Have a clean frying-pan, quite hot; place the herring in it, the skin next the pan, and fry them for five minutes; then fry the other side about the same time. Fry the skin side first. Good herring need no dripping, as they contain sufficient oil in themselves to fry in.

Kippered Herring.—Place the herring between a greased gridiron, and cook before or over a bright fire for about ten minutes. Dish up, spread a little butter over the top, and serve. Another way is to fry the fish over the fire in a frying-pan with a little butter or dripping, but the former method is preferred by most.

Canned Herring in Tomato Sauce.—This will be found a particularly appetising and piquant dish, and quite ready for the table.

MACKEREL

Salt Mackerel.—Keep mackerel and other pickled fish under the salt and pickle by putting a weight on them. They must be soaked in plenty of water for ten or twelve hours before cooking, having the flesh side of the fish down and, if possible, raised from the bottom of the vessel so that the water can circulate freely and draw out the salt. It is well to leave the vessel beneath the faucet and allow the water to drip continuously, thus providing a constant supply of fresh water. One trial will show you just how long to soak them. By some it is considered better to leave a little salt in them.

Mackerel a la Creme.—Soak the salted fish forty-eight hours. Place in a shallow pan, barely cover with milk; place on the top of the stove and let it boil about fifteen minutes. Carefully remove the fish to the platter, skin side down; sprinkle with pepper and pour the milk over it; garnish with parsley and slices of lemon. Prepared thus, the fish contains the least amount of salt.

Boiled Mackerel.—Freshen the fish and place in cold water. Boil gently thirty minutes and serve with drawn butter, made as follows: One quarter cup butter; two tablespoonfuls flour; one pint boiling water; little salt and pepper. Mix in the order given. Melt half the butter, add flour and stir until smooth. Pour on the boiling water gradually, stirring all the time until the sauce is thick and smooth. Then add the seasoning and rest of the butter, and stir until well blended.

Fresh Mackerel.—Take four to six fresh mackerel, twelve pepper-corns, one blade mace, one gill vinegar, one-half gill water, one-quarter teaspoonful salt. Wash and clean the mackerel, cut off the heads and fins, remove the backbones carefully. Roll up the fish, place them in a pie-dish. Mix all the ingredients together, and pour over the fish. Cover the dish closely with paper, and bake in a cool oven about thirty minutes. Serve cold, and garnish with parsley.

Fresh Mackerel Boiled.—If not cleaned, open them at the gills, take out the insides, wash clean, and pin in a fish-cloth. (Do not use the cloth that you use to boil mackerel for any other fish.) Drop into boiling water, and boil fifteen minutes. Serve with drawn butter.

Broiled Mackerel.—Split down the back and clean. Be careful to scrape all the thin black skin from the inside. Wipe dry and lay on the gridiron; broil on one side a nice brown, then turn and brown the other side; it will not take so long to brown the side on which the skin is. (All fish should have the side on which the skin is turned to the first last, as the skin burns easily and coals are not so hot after you have used them ten minutes.) Season with butter, pepper and salt.

Fried Mackerel.—Fry brown six good-sized slices of pork. Prepare your mackerel as for broiling. Take out your pork, sprinkle a little salt over the mackerel, then fry a nice brown. Serve the fried pork with it.

Baked Mackerel.—Split fish, clean and remove head and tail. Put in buttered dripping pan and sprinkle with salt and pepper and dot over with butter (allowing one tablespoonful to a medium sized fish), and pour over two-thirds cup milk. Bake twenty-four minutes in hot oven.

Mackerel will not keep fresh as long as other fish; it is therefore necessary that it should be consumed whilst perfectly fresh.

SMELTS

Smelts.—The only way to cook smelts is to fry them, although they are sometimes baked. Open them at the gills. Draw each smelt separately between your finger and thumb, beginning at the tail; this will press the insides out (Some persons never take out the insides, but it should be done as much as in any other fish.) Wash them clean, and let them drain in a colander; then salt and roll in a mixture half flour and half Indian meal. Have about two inches deep of boiling fat in the frying-pan (drippings if you have them; if not, lard); into this drop the smelts, and fry brown. Do not put so many in that they will be crowded; if you do they will not be crisp and brown.

Lake Trout may be baked broiled or fried. The meat is very white and particularly sweet.

Pickerel may be baked broiled or fried.

Perch are best when fried.

Pike is a white-fleshed wholesome fish and is best when baked or boiled.

Cat-fish should be skinned and fried.

Tullibee is very similar to Whitefish and should be cooked in the same manner.

Goldeyes are a little larger, but otherwise similar, to herring and are very tasty when fried.

To cook, they should be placed in a shallow pan which has been covered with brown paper. Heat thoroughly in the oven with a moderate fire until the fish spread open. When cooked the heads and skin are easily removed. Serve whole on a hot platter and garnish with lettuce or parsley.

SHELL FISH

To Prepare Oysters for Cooking.—Pour half a cup of cold water over one quart of oysters; take out each oyster separately with fingers and free from any bits of shell. The oyster liquor may be strained and used in soup, stew, or escallop if desired. Fried and broiled oysters are much better and cook easier if parboiled slightly before crumbling. Place one pint of cleaned oysters in a frying basket an keep it for one-half minute in a kettle of boiling water deep enough to cover them. Drain, dry on a soft towel and proceed as usual.

Fried Oysters, No. 1.—Select large oysters, clean, and parboil slightly to draw out some of the water. Drain and dry on a towel. Roll in fine bread and cracker crumbs, dip in mayonnaise dressing, then in crumbs again. Let them stand five minutes, and if they seem moist, dip again in crumbs, and cook in deep hot fat for one minute. Being already cooked, they only need to be thoroughly heated and the crumbs browned.

Fried Oysters No. 2.—Select the largest oysters drain and dry between towels; dip in beaten egg, then in dry sifted bread-crumbs which have been seasoned with salt and pepper, and fry in a wire basket in deep fat.

These may be prepared some hours before cooking and the breading process repeated after the first coat is dry.

Oysters Fried in Batter.—One cup of milk, two eggs well beaten, pepper, salt, and flour to make a moderately stiff batter.

Add one cup of oysters with their liquor, season with grated nutmeg, and drop by spoonfuls into deep fat and fry. One-half a teaspoonful of baking powder sifted into the flour will make a light and puffy batter. If preferred the oysters may be dipped in the batter one at a time, but small oysters are better when mixed with the batter.

OYSTER STEW

1½ Pints oysters
1 Quart scalded milk
¼ Cup butter
Salt and pepper

Pick over oysters and cook in strained oyster liquor till they are plump and the edges commence to curl, adding a spoonful of water if necessary. Add hot milk, butter, salt and pepper and serve at once. Use medium flame.

SCALLOPED OYSTERS

1 Pint oysters
4 Tablespoons oyster liquor
2 Tablespoons milk or cream
½ Cup bread crumbs
Salt and pepper
½ Cup melted butter
1 Cup cracker crumbs

Brown the crumbs slightly and mix them with melted butter. Sprinkle a thin layer of crumbs on bottom of shallow buttered baking dish; cover with oysters, sprinkle with salt and pepper; add half of oyster liquor and half of milk; repeat and cover top with remainder of crumbs. Bake thirty minutes over a medium flame.

Baked Oysters.—Put a round of toasted bread into a small baking cup or dish; spread with butter and fill with oyster; season with salt, pepper, and butter. Fill as many cups as required, place them in a baking pan in oven, cover with a pan and bake about ten minutes.

Pigs in Blankets.—Have at hand oysters, salt, pepper, sliced fat bacon. Clean and season some nice large oysters, with salt and pepper. Wrap each oyster in a slice of thin bacon, pinning it with a toothpick. Cook them until the bacon is crisp.

Creamed Oysters.—Prepare cream sauce, taking one-half the quantity of butter; scald the oysters until the edges begin to curl, drain and drop them into the cream sauce; let all stand in bain marie for five minutes to season thoroughly. Serve in Swedish timbales or in pate shells. It is very nice used as a filling for short cake, croustade, or on toast.

Oyster Salad.—First bring to a boil one pint of oysters, drain from liquor, and when cold mix with two stalks of celery cut in fine pieces; place on a bed of lettuce leaves or water-cress and serve with mayonnaise dressing and crisped crackers.

Scalloped Oysters.—Clean one pint of medium-sized oysters. Moisten one teacup of cracker crumbs with one-third of a cup of melted butter. Spread one-quarter of the crumbs in a baking dish, over them put one-half of the oysters, season with salt, white pepper, and lemon-juice. Then spread another quarter of a cup of the crumbs, then the remaining oysters. Season again with salt, pepper, and lemon-juice, and cover with the remaining crumbs. Bake in quick oven until the liquor bubbles and the crumbs are brown.

Oyster Patties, No. 1.—One quart oysters, minced fine with a sharp knife; one cup rich drawn butter based upon milk; cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook five minutes. Have ready some shapes of pastry, baked in pattie-pans, then slipped out. Fill these with the mixture; set in over two minutes to heat, and send to table.

Oyster Patties, No. 2.—Work one ounce of butter and one tablespoonful of flour into a smooth paste. When warm, add a little ground mace, salt, and cayenne. Gradually stir in three tablespoonfuls of cream. Boil for three or four minutes, then pour in the strained liquor of two dozen small oysters. Lastly, add the oysters. Stir for a few minutes and fill patties prepared as follows: Line some patty pans with thin puff paste, fill with rice so they will keep their shape, cover the top with another piece of pastry. Bake in brisk oven. When baked, take off the top, empty out the rice, fill with the oysters, which have been kept warm, replace cover, and serve.

CLAMS

When the liquor is not used in the recipe it may be served as broth, or in a soup.

Chowder.—Three slices salt pork, cut in small pieces; four potatoes, sliced; three onions, sliced; one can clams; pepper and salt. Fry out the pork and remove the scraps. Put in the kettle a layer of potatoes, etc., until all are in. Add pepper and salt and cook ten minutes in just enough water to cover. Add the clam liquor and clams and one cup milk and cook five minutes longer, or until the potatoes are done. If the clams are very large, cut them in pieces. Lastly, add three or four common crackers, and serve.

Fried Clams.—Remove clams from can, dip each one in cornmeal, beaten egg, and meal again, and fry in smoking-hot deep fat until brown. Bread-crumbs may be substituted for cornmeal if you prefer it.

Clam Fritters.—Make a fritter batter as for griddle cake, stir into it the clams cut in small pieces and drop by the spoonful into smoking-hot deep lard. Fry brown, drain on paper and serve with slices of lemon. The clam liquor may be used instead of milk in making the batter and they may be fried in a spider, like griddle cakes.

Clam Nectar is now sold on the market in various sized cans and is very fine for soups or chowder.

STEAMED CLAMS

Clams must be in the shell and must be alive. Wash thoroughly; put in large kettle, allowing one-half cup hot water to four quarts clams; cover closely and cook until shells partially open. Serve with individual dishes of melted butter. Add a small quantity of hot water to dishes and butter will float and keep hot longer. Use high flame.

Clam Stew.—To a can of clams add three cups of milk and three cups of water, scalded together. Add three crackers rolled, a tablespoonful of butter, pepper and salt, and bring the whole to a boil. Serve immediately.

Clam Escallops.—Wash and chop clams quite fine, butter a baking dish first, put in a layer of cracker crumbs, one tablespoonful of the liquor, add bits of butter, salt and pepper and a layer of clams. Proceed until dish is full, having crumbs on top, moisten with half a cup of milk. Bake about twenty minutes. Salmon baked this way instead of clams is nice.

An Inexpensive Supper Dish.—Take one pint clams, remove the back, chop clams into small pieces. Butter baking dish, put clams, peppered and salted, into bottom of dish. Cream four large potatoes and lay in on top of clams. Mash three large carrots and season with pepper, salt and butter. Put carrots on top of potatoes and press down well. Sprinkle cracker crumbs and grated cheese on top. Lastly, pour on one-half cup of milk and bake until a golden brown. This dish can be gotten up for twenty-five cents and will serve five people.

SEA-MUSSEL

Sea-Mussel Stew.—One-half peck of mussels steamed and cleaned as usual. Remove the meats from the shells and place in a soup tureen with their own liquor. Add a pint of boiling milk, four ounces of butter, salt and pepper to taste, and serve piping hot with oyster crackers.

Mussel Chowder, New England Style.—Clean and cook the mussels as usual. Remove the meat; take out the beard, preserving the broth or liquor in another dish. To a half peck of mussels take three ounces of salt pork, cut in small dice, and fry in a kettle; add two onions, sliced, and cook well, but do not let brown; add a teaspoonful of flour; stir well. Then add the liquor with the same amount of water. Let it come to a boil, and add three potatoes sliced thin. Boil slowly until they are done, then add the mussels and a pint of boiling milk. Season well, and serve with pilot or soft crackers.

WHEN NOT TO USE SEA-MUSSELS

Sea-mussels are wholesome, but, as in the case of all animal foods, there are conditions under which they should not be gathered or eaten. Dead or stale mussels are apt to contain the same dangerous decomposition products, ptomaines, as are found in other stale or putrefying animal foods. They should be alive when purchased, and this can be determined by observing if the shells are closed. If the shells gape, the mussels are either dead or weak and possibly dying, and should not be used.

SPECIAL BAKED HALIBUT

Wash and dry a piece of halibut about 2½ or 3 inches thick. Place two slices of onion in the bottom of a long narrow pan, then a slice of salt pork. Place the halibut on this, then another slice of salt pork and two more slices of onion on this. Cover this with the hot white sauce and bake in a moderate oven 20 minutes. Five minutes before the halibut is done cover with buttered bread crumbs and let brown. Salt, pepper or season to suit.—Miss M. Covington, Seattle.

SPECIAL NOTICE TO HOUSEWIVES

In buying fresh fish, see that eyes are bright and prominent and the flesh firm, not flabby.

MEMO:—General Rule for Cooking Fish on pages 30-31 will apply to any of the following:

NAMES OF SOME EDIBLE FISH

The following edible fish are used in different sections of the country, while with parcel post delivery they could be used in all parts:

Albacore, Blue Fish, Baraconda, Bonita, Bass, Cod, Black Cod (Sable Fish), Clams, Craokers, Crabs, Chum, Crawfish, Catfish, Cusk, Eulachon-Smelt, Gold Eyes, Gray Fish (Dog Fish), Haddock, Herring, Halibut, Hake, Humpback Jew Fish, Ling Cod, Lobsters, Mackerel, Mussel, Mullet, Oyster, Pike (Perch), Pickerel, Pollock, Rankador, Red Snapper, Sturgeon, Sucker, Sole, Skate, Shrimp, Sand Dab, Salmon, Spring, Silverside, Sun Fish, Steelhead Smelt, Tom Cod, Trout, White Fish, Yellowtail, Yellowfin.

MEMO

The U. S. Fisheries Bureau publish many bulletins and circulars giving information about the food fishes, their habits, etc.

Should the reader wish to have more information, special advice or recipes, for use of any particular fish, whether named above or not, the same will be furnished upon request by the

U. S. BUREAU OF FISHERIES Division F, Washington, D. C.

SPECIAL INFORMATION

Upon request, accompanied by stamp, we will furnish data as to capital invested, people employed, cost of gear, plants, etc.

Upon receipt of $3.00 we will procure and mail prepaid complete list of salmon packers, names of labels, etc. The regular Fisherman's Directory.

Upon receipt of $1.00 we will mail typewritten list of general supplies, machinery, etc., used in the cannery business.

HOME CANNING OUTFITS.—We can furnish complete home canning outfits using tin cans or glass jars, for canning every kind of food, cost about $20.00 and up, 14 quart to any capacity desired. Write for particulars.

Address: "EAT MORE FISH,"
Box 283, Seattle, U. S. A.

USEFUL INFORMATION

FOR THE HOUSEWIFE.

4 saltspoons	equals	1 teaspoon
3 teaspoons	"	1 tablespoon
4 tablespoons	"	$\frac{1}{2}$ gill, or $\frac{1}{4}$ cup
16 tablespoons	"	1 cup
2 cups	"	1 pint
2 pints (4 cups)	"	1 quart
2 cups butter, packed solidly	"	1 pound
$\frac{1}{2}$ cup butter, packed solidly	"	$\frac{1}{4}$ pound
2 cups granulated sugar	"	1 pound
$2\frac{1}{2}$ cups pulverized sugar	"	1 pound
2 cups milk or water	"	1 pound
4 tablespoons granulated sugar	"	2 ozs., or $\frac{1}{4}$ cup
2 tablespoons granulated sugar	"	1 ounce
4 tablespoons flour	"	1 ounce
75 pieces apricot	"	1 pound
3 large bananas	"	1 pound
$2\frac{1}{3}$ cups white beans	"	1 pound
No. 2 canned string beans (drained)	"	1 pound, 2 ounces
No. 2 lima beans (drained)	"	1 pound, 4 ounces

WHEAT AND FLOUR—

$4\frac{1}{2}$ bu. wheat	"	1 barrel flour
1 barrel flour	"	260 to 270 loaves
1 bushel wheat	"	65, 10 cent loaves
Flour $14 bbl., bread cost		5 to 6c per loaf
12 oz. loaf bread, graham	"	14 $\frac{1}{2}$ inch slices
16 oz. loaf bread, rye	"	21 $\frac{1}{2}$ inch slices
18 oz. loaf bread, white	"	16 $\frac{1}{2}$ inch slices
20 oz. loaf bread, whole wheat	"	15 $\frac{1}{2}$ inch slices
1 lb. butter	"	48 chips

WEIGHTS AND MEASURES

Measuring, Mixing and Combining

All dry ingredients should be sifted before measuring.

Flour and sugar should be placed lightly in a cup, a spoonful at a time, and leveled off with a knife; they should never be packed solidly.

Butter and lard, or other shortening, should be packed solidly and leveled off with a knife.

There are three methods of combining ingredients: Stirring, beating and folding. By stirring, the ingredients are thoroughly mixed. By beating, a large amount of air is incorporated, and by cutting and folding, this air which has been previously introduced is not allowed to escape.

In cakes, sugar and butter should be creamed, unless the quantity of sugar is more than double that of butter, in which case half of the sugar should be creamed with the butter and the balance mixed in the yolks of eggs, after they have been beaten.

The yolks of eggs should be beaten until thick and lemon colored for a fine cake; also when used in thickening. A well beaten yolk has double the thickening power of one only half beaten.

The whites of the eggs should be beaten until very stiff, and should be folded in at the last. No stirring or beating should be done after the whites have been folded in, or the work already accomplished of incorporating air, will be undone.

All tablespoonfuls, also teaspoonfuls are measured level, for half spoonfuls cut lengthwise.

Sugar, flour, meal, in fact all finely ground materials should be sifted before measuring.

If you measure all dry ingredients first, then liquids and last the fats but one cup, spoon and knife will be needed.

Add one tablespoon of cold water to the egg used for crumbing; this will break up the strings of albumen.

When mixing liquid with a solid ingredient, add only a little of the liquid at a time and stir constantly.

To make nice bread crumbs, use all kinds of bread leftovers, etc., put the pieces in a warm oven and dry them, then fold in a cloth and roll them; this

will make uniform sized crumbs. Put in a glass jar and keep for preparing fish, meats, croquets, etc.

A nice way to apply bread crumbs put crumbs or meal into paper bag drop meat or fish into it, gently shake or turn over and you have it done to a turn.

MEATS—Uses and Abuses. Meat of all kinds contain a goodly portion of protein, however not in so large a proportion as some other foods, yet all classes seem to want meat.

Every housewife should know the different cuts of meat and she should carefully estimate their relative value. Some people buy only the cheapest cuts on account of the low price, which is all right if fuel is being used for something else, but frequently steak or chops would be a saving in time and fuel. Spanish stew, chili con carne, boiled dinner, etc., use the cheaper cuts.

As soon as meat comes from the market, take it out of the wrapping paper, wipe it carefully with a cloth wrung out of cold water, put the meat in a granite dish or earthenware crock, cover and set in a cool place; it will need no further washing when prepared for cooking.

Salt and cold water draw out the juices of meats, while hot water coagulates the albumen and keeps in the juices.

Have the market man give you all the bones, suet and trimmings, use them for stock, together with all the bits and leftovers from your table.

Clarify all beef suet, fats and drippings and keep in jar for frying and sauteing. Hot fat never boils, the water which the fat takes from the food causes the bubbles. Drain all food fried in fat on some absorbent material, soft cloth or paper.

Cheese is one of the best foods to secure protein diet, and should be always at hand. Keep cut cheese in paper cooking bag. It will neither get too dry nor mould.

A stock kettle is the supremest of economies. In it goes all scraps of meat, bones of all kinds. Occasionally a piece of cheap meat is added.

Bones for the stock kettle should be cracked, as much nutriment is thus secured. This is easily accomplished by using a meat cleaver, a necessary utility in every kitchen.

Much trouble is saved by preparing roasts on the wrapping paper in which they come.

To prepare a roast, have it well skewered by the butcher. In a standing roast bones are left in. In a rolled roast they are removed. In either case, dredge the meat well with seasoned flour. The flour takes up the juices, seals the pores and gives a brown crust.

High flavor is obtained by pressing a small part of a clove of garlic in one or two small cuts in the roast made by a sharp knife.

Roast beef needs fifteen minutes to the pound in a hot oven.

Mutton twenty minutes to the pound will be quite sufficient, while veal or pork should have not less than twenty-five minutes to each pound.

HOME CANNING—There is no reason why the ordinary family cannot do home canning. There are several very complete outfits, such as cookers, boilers, steamers, etc., for use with glass jars. We know of several real "Home Can Sealer" for tin cans that makes it possible for the housewife to do canning of all kinds in practically the same manner as the canneries do.

With the sanitary tin cans and the outfit referred to above, it is possible to can meats, fish, chicken, fruit, vegetables, etc.

QUANTITY OF FRUIT REQUIRED FOR PINTS AND QUARTS

1 bushel apples	will make	30 pints or 20 quarts.
1 bushel peaches	will make	25 pints or 18 quarts.
1 bushel pears or plums	will make	45 pints or 30 quarts.
1 bushel blackberries	will make	50 pints or 30 quarts.
1 bushel tomatoes	will make	22 pints or 15 quarts.
1 bushel shelled lima beans	will make	50 pints or 30 quarts.
1 bushel string beans	will make	30 pints or 20 quarts.
1 bushel shelled peas	will make	16 pints or 10 quarts.
1 bushel sweet corn (cob)	will make	45 pints or 25 quarts.
1 bushel sweet potatoes	will make	30 pints or 20 quarts.

GOOD THINGS TO KNOW

SOFT SOAP FOR WASHING MACHINE OR ANY WASHING

Empty one can of lye into an iron kettle. Add three pints of cold water. Stir with a stick. Allow it to cool. Melt five pounds of clean grease or tallow free from salt, in a kettle and when entirely melted remove from fire and allow to cool enough to bear your hand in it. When grease is right temperature, not before, pour the cooled lye into the grease and stir until the lye and grease are thoroughly combined and the mixture drops from stick like honey. Stir thoroughly but not longer than necessary. Pour into box lined with flour sack to keep from sticking and cover with carpet; set in warm place for two or three days. This last process prevents the lye from separating and standing in the bottom. Directions for above found on lye can. Mine is the same down to the bottom of barrel.

Now cut each pound into small pieces and add to each pound eight quarts of water in kettle and boil until soap is entirely melted. Before it is cold add one pint each of kerosene, turpentine, borax and ammonia. Stir well and you'll have about fifty-six quarts of beautiful soft soap.

The cost amounts to fifteen cents for lye and forty cents for other things added, not counting the fat. This helps out on the H. C. L. and is very little work if directions are followed carefully.

To Make Handkerchiefs Easy to Wash

Put salt in a pail of cold water and soak handkerchiefs in it over night. The salt cuts the mucous and when rinced from salty water, are easily washed.

Mrs. A. L. BALDWIN,
623 James Street, E. Kent, Wash.

HOW TO CLEAN AND DYE YOUR CLOTHES

Home dyeing is cheap, easy, and full of possibility. Why wear spots and stains or yellowed white waists when a little home dyeing will give them new charm? You can dye your clothes permanently, or you can use one of the lighter weight dyes or stains that last for a few washings and enable you to change the color of your garment once in so often. Even with permanent dyes, if you start with a light tone you can redye several times before you exhaust the possibilities.

Whatever brands of dye you use, be sure to follow directions explicitly. There are dyes for cottons, wools and silks. Be sure to use the right dye for the right material. The garment must be clean before dyeing or the resulting color will be dirty.

By regulating the amount of dye in dye bath light or dark shades may be secured. It is a good idea to test the shade before dyeing, by coloring a small piece of the fabric in the dye bath.

Almost any color will dye black, and almost any color that is not too dark will dye navy blue satisfactorily. Dark brown dye may be used for any colors except dark blue, black and red. You can dye any light and medium shades (except red) dark green.

Of course, one knows that blue dye will turn yellow to green or red to purple; and green dye will dye red a dark brown or black. Sometimes fabrics will not dye an absolute black. If you dye a red material black and it stilll looks reddish, use a little green dye. For brown materials that have been dyed black use a little navy blue dye.

If you are wise you will set your clothes before dyeing.

Greens, blues, mauves, purples or purplish red should be soaked in alum water at least 10 minutes before dyeing. One gallon of water for an ounce of alum. Sugar of lead, used in the same way, is good for browns, brownish reds and tans.

To keep the colors in cotton goods looking bright use a little turpentine in the suds.

To keep the color in black cottons use the following method: Make a solution of black boiled dye and strain a little of it into your starch. Then strain the starch and proceed to starch your garment as usual.

Perspiration stains in colored dresses may be removed by soaking the garment an hour or two in cold water and then rubbing the places before washing with cornmeal instead of soap.

Rust stains are usually removed by lemon and salt.

A teaspoonful of soda and 10 cents' worth of chloride of lime in a gallon of water will remove mildew. Remove article from water in a few minutes and wash in clear water. Grass stains should be covered with cream of tarter, wet with water and placed in sun.

For coffee and most fruit stains, pour boiling water through spots. Cold water will usually take out tea, chocolate or cocoa stains.

Blood stains should always be soaked in cold water and when nearly gone use soapy water.

Vaseline stains are very hard to remove. I think kerosene is the best thing to use. Soak the stain in it. All grease stains, such as axle, or machine oil, should be covered with lard, put in the sun if possible, washed with cold water and soap, then with very hot water and soap.

Wax candle grease stains: Scrape them off then cover with clean blotting paper and press with hot iron.

A Chinese method of removing black ink stains is to rub boiled rice on the stains as you would soap and wash in clear water. Repeat the process if the first try is not successful.

To clean a light trimming on dark dress cover with cornmeal saturated with non-explosive cleansing fluid. When fluid evaporates brush off the meal and your trimming will be clean.

To remove perspiration stains which have colored a white waist make a paste of salt and water and apply to spots. Soak awhile and then wash in soap and water. You will find they have all disappeared.

TAKING THE WHITE OFF COAT COLLARS

Dark cloth coat collars often show white inside where they have come in contact with the neck. The great difficulty in cleaning them is overcome by the use of a spoon of ammonia in which enough salt has been put to make a mushy mixture. This, used as a cleanser, will remove all discolorations.

ABOUT COLD STORAGE

Do you know—

That the present scientific cold storage warehouse is but the evolution from the farmer's cellar where he kept food from seasons of plenty to the seasons of scarcity?

That proper cold storage is the most necessary and healthful of the several forms of food preservation?

That cold storage simply annihilates time?

That foods which go into cold storage in good condition come out in good condition?

That without adequate cold storage warehouses to preserve the perishable food products in time of overproduction there would be a very great scarcity in times when the supply of fresh foods was inadequate to supply the demand?

That without cold storage at one season foods would be unprofitable to the producer and that in the season of scarcity they would be so high they would be beyond the reach of the average family?

That there are laws governing the length of time food may be held in cold storage?

That the cold storage man has nothing to gain by holding foods longer than sound economic principles will justify?

That the temperature in the mechanical cold storage for preserving foods is as follows:

Butter—10 degrees below zero;

Meat—50 degrees below zero;

Eggs—30 degrees below zero;

Poultry—Zero.

Every step in the process of refrigeration must be correctly made.

GOOD THINGS TO KNOW

SIMPLE AND EFFECTIVE COUGH REMEDY

Peel raw beets and slice very thin. Put into a bowl with alternate layers of granulated sugar, using about the same bulk of each. Put under a press (a plate holding an iron or heavy rock will do), in a very short time the sirup will form for a first dose. Let stand several hours or over night and the quantity of sirup extracted will be a surprise. Drain and keep covered in a cool place. It is well not to make too much at a time, as it will ferment The dose need not be measured for either child or adult, as the sirup is harmless. It is the astringent quality of the beet combined with the sugar that will conquer the most stubborn cough. Put some of the sirup in a glass and direct the patient to sip a little whenever the irritation is noticeable, preferably before a spell of coughing. Frequent small doses are best

CLARA E. HAZELGREEN,
4213 Alki avenue, Seattle.

SWAT THE FLY

DON'T PERMIT FLIES IN YOUR HOUSE.

DON'T PERMIT FLIES NEAR YOUR FOOD.

DON'T PERMIT FLIES NEAR THE SICK.

DON'T PURCHASE FOODSTUFFS WHERE FLIES ARE TOLERATED.

DON'T TOLERATE BREEDING PLACES IN YOUR NEIGHBORHOOD.

Flies are bred in filth, live in filth and carry filth.

Flies are the most dangerous insects known to man.

Flies are the known distributers of many diseases, such as typhoid fever, tuberculosis, intestinal disorders, especially diarrhea and enteritis (summer complaint) of infants, as well as cholera.

Flies visit the spitton of the careless consumptive, and other discharges from the sick, the open garbage pail, the manure pile, the carcass of the decaying animal, the obstructed sewer and the refuse heap, and then call at your home to crawl over the exposed food, swim in the milk, wade through the butter or gambol over the nursing infant's face or bottle, or they will visit the unscreened grocery store, market, bakery or lunchroom.

Flies carry germs of disease and filth on the hairs of their bodies and legs as well as on the fuzzy pads of their feet. These disease germs and particles of filth are the dangerous unseen messengers of illness and death that flies leave wherever they visit. Following a close study of a number of flies, it was found that the average fly carried more than 6,000,000 bacteria.

SWAT THE FLY

TERMS USED IN COOKERY*

A la. A la mode de, after the style or fashion of.

Anglaise (á l'). English style. Something plain roasted or plain boiled.

Aspic. Savory jelly.

Au Gratin. Covered with sauce, bread-crumbs, etc., and browned in the oven or under a salamander.

Bérnaise. A word much used in cookery for a rich white herb sauce.

Béchamel. French white sauce. Recognized as one of the four foundation sauces. The name of this sauce is supposed to come from the Marquis de Béchamel.

Bisque. Name given to certain soups usually made with shellfish.

Blanc-Mange. A white sweet food. A sweet cream set in a mould.

Bouchées. Small puff-paste patties (petit pâtés), small enough to be a traditional mouthful only.

Bouillon. A plain, clear soup. Unclarified beef broth.

Braisé or **Braising.** A slow cooking process. Meat cooked in a closely covered stew pan (braising pan or brasiére) to prevent evaporation, so that the meat thus cooked retains not only its own juices, but also those of the articles added for flavoring.

Caramel. Burnt sugar. A substance made by boiling sugar to a dark brown.

Charlotte. Name of a hot or cold sweet dish.

Compôte. Usually applied to a delicately prepared dish of stewed fruit, or fruits and jelly.

Consommé. Clear, strong gravy soup. The clarified liquor in which meat or poultry has been boiled.

Croquettes and **Rissoles.** Names of small, light entrées (prepared with minced meat, etc.).

Croustades. Shapes of bread fried, or baked paste crusts, used for serving game, minces, or meats in or upon.

Croûtons. Thin slices of bread cut into shapes and fried, used for garnishing dishes and in soups.

Dessert. The remains of a meal. Now indicating fruits and sweetmeats served after dinner.

Eclair. A French pastry filled with cream. **Emincé.** Finely sliced or shred.

Entrée. A course of dishes, or corner dish for the first course.

Escalope. Thin, round steaks of veal, called "collops."

Espagnole. A rich brown sauce; the foundation of nearly all brown sauces.

Filet. The under cut of a loin of beef, mutton, veal, pork and game.

Foie Gras. Fat goose liver. **Forcemeat.** Meat for stuffing.

Fricassée. A white stew of chicken or veal.

Fritter, Beignets. Anything dipped in batter, crumbled, or egged, and fried.

Gâteau. A round, flat cake, generally decorated. **Glacé.** Frozen, iced.

Gumbo. The American term for okra soup or other preparations from okra.

Hors-d'oeuvre. Appetizers. Dainty relishes, served cold before the soup.

Liaison. The mixture of yolk of eggs, cream, etc., used for thickening or binding white soups and sauces.

Macédoine. A mixture of various kinds of vegetables or fruits, cut in even-shaped disks.

Maître d'Hotel (a la). Hotel steward's fashion. Also the name of a flavoring butter, mixed with chopped parsley and seasoned with lemon juice, pepper and salt.

Mayonnaise. A cold salad sauce, or dressing.

Menu. The bill of fare. Literally the word means minute detail of courses.

Meringue. Light pastry, made of white of eggs and sugar, filled with cream or ice.

Nougat. Almond rock candy.

Paprika. Hungarian red pepper; less pungent than the Spanish pepper.

Pâté. A pie; pastry; a savory meat pastry, or a raised pie.

Potage ,Soup. Broth or liquor; the first course of a dinner.

Potpourri. A stew of various kinds of meats and spices.

Purée. A smooth pulp; mashed vegetables; thick soups.

Ragoût. A rich stew of meat, highly seasoned.

Relevé. A course of a dinner, consisting of large joints of meat, game, etc.

Rémoulade. A cold sauce, flavored with savory herbs and mustard, used as salad dressing, etc.

Rôti. The course of a meal which is served before the entrements.

Roux. A preparation of butter and flour, used for thickening soups and sauces.

Sauter (ée). To toss over the fire, in a sauté or frying pan, in little butter or fat; anything that requires a sharp fire and quick cooking.

Sorbet. An iced Turkish drink; also a partly set water ice.

Souffle. Literally "puffed up." A very light baked or steamed pudding, an omelet.

Soufflé Glacé. A very light, sweet cream mixture, iced and served in cases.

Tartare. A cold sauce, made of yolks of eggs, oil, mustard, capers, gherkins, etc., served with fried fish or cold meats.

Timbale. A kind of crusted hash baked in a mould.

Tutti-Frutti. A mixture of various kinds of fruits or cooked vegetables.

Vol-au-vent. A light, round puff-paste crust, filled with delicately flavored ragoûts of chicken, sweetbread, etc.

WAR-TIME RECIPES

Recipes Tested and Approved in the Home Economics Department of the University of Washington

POTATOES

Five pounds of potatoes equal in energy value one pound of white flour. Potatoes give you starch to act as fuel for the body to do its work. Potatoes give you minerals which are necessary for vital body processes.

POTATOES WITHOUT WASTE

"If you peel potatoes before cooking them you waste time and potatoes both. You throw away a sixth or even a quarter of the good part of the potatoes with the skins. Also if the potatoes aren't covered up by the skins while cooking some of the valuable material will soak out into the water."—U. S. Government Bulletin.

"POTATOES THAT COOK ALL TO PIECES"

Some potatoes fall to pieces in boiling before they are thoroughly cooked. Try draining them about five minutes before they are done. Set in a warm place and cover with several thicknesses of towel. They will retain sufficient heat in themselves to finish cooking.

Mealy potatoes are better steamed.

TO DRAIN POTATOES

Many failures in cooking potatoes are due to imperfect draining. All of the water possible should be gotten rid of: first by pouring off all the water; second, by draining off all the steam possible. To allow as much of the water as possible to change to steam, set the drained potatoes in a warm place and cover with a folded towel. If they are covered with a tin cover the steam will condense and run back, while a folded towel will absorb the steam and keep the potatoes warm.

HASHED BROWN POTATOES

Chop cold boiled or baked potatoes fine. (An empty pound baking powder can makes a good chopper for this purpose.) Season potatoes well with salt and pepper. Turn them into a hot cast iron frying pan with just enough fat to keep them from sticking. Pack tight; add a little milk to make potatoes stick together. Cook until a brown crust forms. Fold like an omelet, and serve on a hot platter.

Potatoes may be prepared in the same manner and baked in the oven until brown.

SCALLOPED POTATOES

1 Pint potatoes
1 Teaspoon salt
2 Tablespoons flour
1 Tablespoon fat

Slice potatoes very thin, using vegetable slicer. Put into a greased baking dish a layer of potatoes, sprinkle with salt and flour and add fat. Repeat, making three layers. Cover with hot milk and bake in a moderate oven for an hour.

POTATO SOUP

2 Cups mashed potato
1 Quart milk
2 Slices onion
2 Tablespoons fat
2 Tablespoons flour
1½ Teaspoons salt
Celery salt
Pepper
1 Teaspoon chipped parsley

Mix flour with a little of the cold milk. Add the rest of the milk slowly to the mashed potato and combine with the flour and milk mixture. Add the remaining ingredients except parsley and boil one minute, stirring constantly. Add finely chopped parsley and serve. The pulp of any vegetable may be used instead of the potato, omitting the onion.

Vegetable soups may be served with a little whipped cream if desired.—Cornell Bulletin.

STUFFED POTATOES

6 Medium sized potatoes
2 Tablespoons fat
Salt
Pepper
3 Tablespoons milk

Bake the potatoes, remove from oven, cut slice from top of each and scoop out inside. Mash, add fat, salt, pepper and milk; refill skins and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

POTATOES O'BRIEN

For Special Occasions

Fry potato cubes—or balls—in deep fat. Drain on paper, sprinkle with salt. Cook onion in a little fat three minutes, remove onion and add to fat minced pimento. When thoroughly heated add potatoes, stir until well mixed, and sprinkle with finely chopped parsley.

SHEPHERD'S PIE

Chop any cold meat fine or cut in cubes. Moisten with gravy or white sauce well seasoned. Put in baking dish and cover with mashed potatoes. Brown in oven.

HUNGARIAN POTATOES

1 Quart cooked potatoes
3 Tablespoons fat
1 Tablespoon chopped onion
2 Tablespoons parsley
2 Cups tomatoes
1 Teaspoon salt
¼ Teaspoon paprika

Brown onion slightly in fat and add to diced potatoes. Add remaining ingredients except parsley to potatoes and put in greased pan. Bake, covered, in a moderate oven forty-five minutes. Sprinkle top with chopped parsley and serve —Official Recipe Book, Illinois

FRANCONIA POTATOES

Parboil potatoes for ten minutes. Remove the skins and place the potatoes on a roasting rack with meat. Bake until the potatoes are soft, or for about forty minutes, basting them occasionally. These can be prepared without the meat, by using fat for basting.

BISCUITS

1 Cup cornmeal
1 Cup mashed potatoes
3 Tablespoons white flour
½ Teaspoon salt
3 Tablespoons melted fat
¾ Cup milk
5 Teaspoons baking powder

Mix dry ingredients, make a well, add potato, fat and milk. Fold carefully. Turn on a floured board, roll and cut.

WAFFLES

2 2/3 Cup white flour
2 2/3 Cup mashed potatoes
½ Teaspoon salt
2 Tablespoons sugar
2 2/3 Teaspoons baking powder
2 Eggs
3 Tablespoons fat
¾ Cup milk

Mix and sift dry ingredients, beaten yolks of eggs and fat melted. Fold in beaten whites of eggs.

POTATO MUFFINS

½ Cup mashed potatoes
1½ Cups graham flour
4½ Teaspoons baking powder
2 Tablespoons sugar
½ Teaspoon salt
4 Tablespoons fat
2 Eggs
¼ Cup milk

Cream fat and sugar together, add potatoes and cream together. Add beaten egg yolks and mix. Add some sifted dry ingredients, milk, mix thoroughly. Add more flour, milk: cut and fold. Fold in stiffly beaten egg, white last.

CORN AND BARLEY MUFFINS

1 Cup cornmeal
¾ Cup barley flour
¼ Cup mashed potatoes
¼ Cup sugar
½ Teaspoon salt
1 Egg
¼ Cup butter (melted)
¾ Cup milk
3 Teaspoons baking powder

Mix dry ingredients; make a well, pour in milk, butter and egg. Cut and fold.

SHORT CAKE

1¾ Cups flour
¼ Cup mashed potato
¼ Cup milk
5 Teaspoons baking powder
6 Tablespoons fat
2 Tablespoons sugar
½ Teaspoon salt

Mix and sift dry ingredients. Cut in the potato, add milk and last the melted fat. Roll lightly 1 inch thick. Bake in hot oven fifteen minutes.

GRAHAM MUFFINS

1 Cup graham flour
1 Cup sweet potatoes
4 Teaspoons sugar
½ Teaspoon salt
4 Teaspoons baking powder
2 Eggs
1 Cup milk
4 Tablespoons fat

Cream butter and sugar and cream potato into this. Mix dry ingredients and add to first mixture alternatively with egg and milk. Batter should be as thick as cake batter. Bake in a hot oven.

POTATO AND BARLEY GRIDDLE CAKES

¾ Cup barley flour
¾ Cup mashed potatoes
¼ Teaspoon salt
2 Tablespoons sugar
4 Teaspoons baking powder
2 Eggs beaten light
3 Tablespoons melted fat
1 Cup milk

Mix and sift dry ingredients. Make a well and pour in beaten eggs, milk and melted fat. Cut and fold lightly.

BOSTON FAVORITE CAKE (With Potato)

⅓ Cup butter
1 Cup sugar
2 Eggs
¼ Cup milk
1½ Cups flour
½ Cup mashed potatoes
¼ Teaspoon salt
2½ Teaspoons baking powder
1 Teaspoon vanilla

The same rules regarding moisture and quantity of flour which are used in making bread with potato as supplement apply in cake. Mashed potato in cake is added after the egg is added to the creamed butter and sugar.

POTATO BREAD

Using mashed potato in bread allow 50% of the bulk of potato for liquid and 50% for flour supplement.

The amount of moisture in potatoes is variable, therefore the exact amount of flour in a given recipe cannot be stated.

Any method may be used in making potato bread, except in the sponge method the mashed potato is added to the sponge and less of the flour will be required to make the sponge of proper consistency.

⅝ Cup water
½ Cake compressed yeast
1 Teaspoon sugar
1 Teaspoon fat
1⅛ Teaspoon salt
¾ Cup potato (mashed)
2 Cups flour

Potato may be used in whole wheat bread.

A small potato (¾ oz.) supplies as much starch as a slice of bread (1 oz.). For warmed-over potatoes try using cold baked instead of boiled potatoes.

HOW UNCLE SAM WARNS THE FIFSH DEALERS

Copied from

A DEPARTMENT OF COMMERCE BULLETIN

WHY DON'T PEOPLE EAT MORE FISH?

This question is being asked everywhere.

Many people say they can not get fish in first-class condition. They say they can not get the varieties—especially the new ones—they want.

Are these **REASONS** or **EXCUSES**? It makes no difference: **YOU** will not have a chance to argue the matter.

You've got to **SHOW THEM.**

YOU know that the minute fish die their flavor begins to fade, and that they are on their way to spoiling unless they are kept ice cold at all times. The customer may not know this, but **he knows whether a fish tastes good or not.**

Do you keep your fish **ICE COLD AT ALL TIMES?**

Are there flies in your shop?

Is your shop spotlessly clean? Are your salesmen cleanly in body, clothes, and habits?

Do you advise with your customers about fish: What kinds to buy and when; how to protect and cook them? Are you trying to introduce new fish to them?

Are you laboring to make **EVERY DAY A FISH DAY?**

You have never had a better chance to help your business and your country. But you must show the clean shop, sell the perfectly fresh fish, and give your cusomers the benefit of your knowledge and experience.

Let the Bureau of Fisheries assist you: Ask for a set of the Bureau's circulars to show your customers. Tell you customers to ask for them, too.

THE UNITED STATES BUREAU OF FISHERIES—DIVISION F.
WASHINGTON, D. C.

SUGARLESS CANDY RECIPES

These recipes were sent to the candy contest for which the Conservation Committee of Illinois State Council of Defense offered prizes in the interest of sugar conservation. None of them call for any kind of brown or white sugar made from cane of beets.

The first three were the prize winners in the rotation given.

A recommendation of the Woman's Committee is to use vegetable oils with a pinch of salt in place of butter in all recipes.

HONEY CARMELS

1 Cup milk
1¼ Cup honey
¾ Cup corn syrup
1 Teaspoon corn oil
1 Pinch salt

Heat the honey, corn syrup and salt to the boiling point. Add the milk gradually, stirring constantly. When the mixture becomes thick, add the corn oil and cook until it forms a firm, soft ball, when tested in cold water. Turn into a greased pan and cut in squares when cold. Any kind of nut meats can be added just before taking from fire.

PECAN BRITTLE

1 Cup maple syrup
Pecan meats

Boil until it crackles in cold water. Pour enough over nuts placed in greased tins to hold them together.

MAPLE SUGAR CANDY

1 Pound maple sugar
½ Cup milk
1 Cup ground nut meats

Chop sugar. Boil milk and sugar together until it will form a ball in cold water. Take off the stove and beat it until it starts to cream. Add the nuts, stirring them in thoroughly. Serve plain or roll in cocoanut.

MAPLE CANDIES—LIBERTY CANDY

2 Cups maple syrup
1 Piece of butter size of walnut
½ Cup chopped nuts

Boil syrup and butter until it forms a soft ball when dropped in cold water; add nuts and beat thoroughly. Any kind of nuts desired may be used.

MAPLE FUDGE

Roll out enough maple sugar fine to fill three cups. Place it in a saucepan with one cup of milk and a rounding tablespoon of butter. Allow it to cook, beating it constantly until it boils away from the sides of the saucepan (or until it forms a soft ball when tested in cold water); when cooked remove from fire; let it become cool; add one teaspoon of vanilla, and beat it vigorously until thick enough to drop into a greased tin. Mark in squares.

UNCLE SAM WALNUT FUDGE

Boil two cups maple sugar, one cup milk, half cup cocoa, and butter half size of an egg until it strings. Do not stir while cooking. Add a teaspoon vanilla and beat until almost hard. Have ready a greased tin, cover the bottom of same very thick with black walnut meats, pour mixture over this. Mark off in squares.

MAPLE CREAM

2 Cups maple sugar
1 Cup cream

Stir without boiling until dissolved. Then boil without stirring until a little dropped in ice water forms a soft ball that does not slide. Pour into mixing bowl and when cooled a little beat until creamy and shape into bon bons. Half a walnut, or piece, may be placed on top of each.

MAPLE CREAMS

Take half as much water as maple syrup, cook without stirring and when nearly done put in a small piece of butter. Try in water and when it begins to harden take off and stir rapidly until it becomes a waxen substance. Then make in balls and put English walnuts on either side, putting on a greased plate to cool.

FRENCH DAINTIES

Soak two envelopes acidulated gelatine in one cup cold water. Add one and one-half cups boiling water. When dissolved add four cups maple sugar and boil slowly for fifteen minutes. Divide the mixture into two equal parts. When a little cooled add one part to one-half teaspoon lemon extract. To the other part add one-half teaspoon extract of cloves, or color. Pour into shallow tins that have been dipped in cold water. Let stand over night. Then cut in squares and take out of tins. Roll in maple sugar and let stand until crystallized. Vary by using different flavor colors, and adding chopped nuts, dates or figs. Any fruit can be used when chopped.

FRUIT CANDIES—NUTTED FRUITS

1 Cup stoned dates
1 Cup seeded raisins
1 Cup nut meats

Run all through food chopper twice, form into ball and roll out to thickness wanted. Cut in squares.

FRUIT CARAMELS

Take equal parts of raisins, dates, figs and nuts; grind fine and press flat on an oiled dish, sprinkle on grated or shredded cocoanut and cut into caramels.

RAISIN, NUT AND HONEY BARS

Take two cups raisins and one cup nuts and grind them together in a food chopper. Mix them with a quarter cup of honey and put into an enameled pan. Pack under a weight for twenty-four hours. Cut into bars.

MOLASSES CANDIES AND TAFFY—MOLASSES CANDY

1 Cup molasses
1 Cup corn syrup
1 Piece of butter size of an egg
1 Tablespoon vinegar

Boil, but do not stir until it hardens when dropped in cold water. When done stir in a teaspoon of soda, beat well, and pour into greased tins. When cool pull until white, cuts into sticks. Flavor, if desired, just before pouring out to cool.

CHOCOLATE TAFFY

¼ Cup maple sugar
1 Cup honey
1 Piece chocolate inch square
1 teaspoon vanilla

Boil until it makes a hard ball in cold water, 270 degrees Fahrenheit. Add the flavoring extract and put in a greased dish to cool. Pull until light.

MOLASSES PEANUT

½ Pound corn syrup
½ Pound molasses
10 Ounces peanuts

Cook syrup and molasses to soft ball and set off fire. Add the peanuts. Mix well and pour into oiled cooling pans. Allow to cool and roll smooth. Cut into balls.

COCOANUT CANDIES—COCOANUT SQUARES

1 Pound corn syrup
¾ Pound grated cocoanut

Cook syrup to a soft ball. Set off fire and add the cocoanut. Add a small amount of vanilla flavoring and turn into cooling pan coated with cocoa butter or some similar material and allow to cool. It may then be cut into squares. These squares can be dipped in maple cream or molasses syrup.

FIG COCOANUT

1 Pound corn syrup
½ Pound ground figs
½ Pound cocoanut

Cook syrup to soft ball. Set off fire and add cocoanut, then figs. Add a small amount of vanilla flavoring and turn into a cooling pan coated with cocoa butter or similar material. It may then be cut into squares.

HONEY CANDIES AND NOUGAT—HONEY CANDY

1 Cup syrup
4 Tablespoons honey

Boil until it becomes brittle, when dropped into cold water. Pull while still warm.

FAMOUS ITALIAN CANDY

Boil one pint of honey, two pounds chopped nuts (almonds), three-fourths pound chopped pecans, one teaspoon of powdered cinnamon, and one-half pound of grated chocolate. When thick and smooth, cool and roll out. Cut into round cakes and dry them in the oven.

CARAMELS—CHOCOLATE CARAMELS

Cut two pounds almonds and three-fourths pound pecan nuts fine and boil them with two cups honey, one teaspoon cinnamon and one-half pound cocoa until quite thick, 260 degrees, using a candy thermometer. Cool and roll out. Cut in squares.

STEAMED BARLEY PUDDING

1 Cup molasses
1 Cup sour milk
1 Egg
1 Teaspoon soda
¾ Cup corn meal
1 Cup barley flour
¼ Teaspoon salt
1 Cup chopped raisins

Beat egg, add molasses, milk and soda dissolved in a little cold water. Sift corn meal and barley flour together and combine with first mixture. Add chopped raisins, and pour into well greased baking powder tins or popover cups. If the latter are used, cover each cup with a well greased paper. Steam two hours.

PANCAKES

3 Cups barley flour
2 Teaspoons baking powder
1 Teaspoon salt
2 Tablespoons sugar
2 Cups sour milk
1 Egg
2 Tablespoons melted butter
1 Teaspoon soda

EXCELLENT CHEAP CHOCOLATE CAKE

1 Cup brown sugar
½ Cup hot coffee
½ Cup boiling water
¼ Cup grated chocolate or cocoa
1½ Cup flour
½ Teaspoonful baking powder
¼ Teaspoonful soda
¼ Cup of crisco or butter substitute

Method—Put sugar, crisco, coffee, and water in which the soda has been dissolved, into a bowl. Add flour and baking powder. Beat well. Bake in one layer in a medium hot oven. Chopped nuts may be added.

Frosting—Dissolve ½ cup of powdered sugar in 1 tablespoonful of cream or milk.

BRAN HEALTH BREAD

2 Cups bran flour
½ Cup corn meal
2½ Cups white flour
5 Teaspoonfuls baking powder
1 Teaspoonful salt
⅓ Cup of sugar
2½ Cups milk

Method—Sift all the dry ingredients together, and add to the milk. Nuts or raisins may be added. Bake in a slow oven until the loaves are double their size then add more heat. Bake in two loaves for thirty minutes.

BAKING POWDER BISCUIT WITH ROLLED OATS

1½ Cups flour
1½ Cups rolled oats
4 Level teaspoonfuls baking powder
½ Teaspoonful salt
2 Level tablespoonfuls crisco
Add milk to make soft dough

Method—Sift flour, baking powder and salt together; add the rolled oats, then the shortening. Add the milk, making a soft biscuit dough. Roll ½-inch thick and cut into biscuits. Bake in quick oven. This recipe makes 16 biscuits.

RICE PUDDING

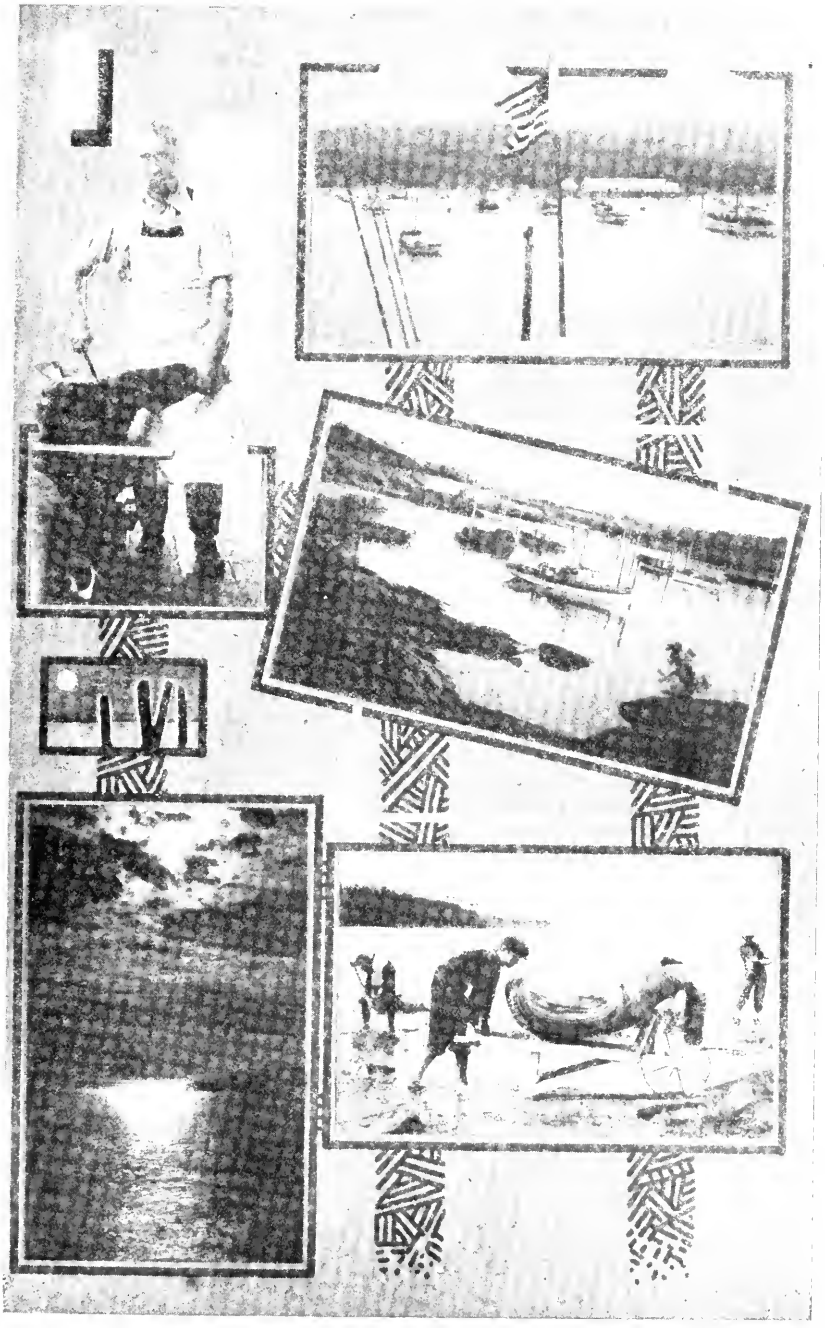
Splendid to Go With Fish Dinner

Mrs. G. D. Reid, of Seattle, sends in the following splendid recipe for Stirred-in Rice Pudding:

1 scant cup rice
1 teaspoon salt
1½ cups sugar
2 quarts milk

Flavor to taste.

Method: Wash rice, place with other ingredients in pan, cook slowly, on top of stove, stirring frequently to prevent rice settling. When rice is cooked, set in oven until top is nicely browned.



The above pictures show:
Foster, the mess cook, with a Rock Cod on the block.
Cannery and fishing boats, Puget Sound.
Moonlight among the San Juan Islands
One of the big clams, on the celebrated Puget Sound Clam Beach.
—Photos by McCormack, Friday Harbor.

FISHING FLEET IN ACTION

Motion Pictures and Stereopticon Slides Showing

THE GREAT SALMON FISHERIES IN ACTUAL OPERATION
Trap Fishing—Purse Seine Fishing—Troll Fishing—Salmon Canning

STEREOPTICON SLIDES: EDUCATIONAL—INDUSTRIAL

CRAWFORD'S STORY OF THE SALMON in Movies and Slides is the most complete educational lecture and description of the great Canned Salmon Industry and salmon fisheries ever produced.

THE STORY IS ILLUSTRATED with slides made up from actual pictures taken mostly by Mr. Crawford himself and they show every phase of this great business. We sincerely believe that we are offering the very best lot of slides and motion pictures ever made covering the Pacific Coast Fisheries.

A FEW SUBJECTS

PROPAGATION—Natural and artificial, telling the story of the salmon from the time it begins its mad race home to spawn, thus fulfilling its life mission, and die, until the eggs pass through the hatchery and the young salmon are released and go to some unknown place in the ocean.

W. I. C. Lecture can be secured covering each slide, in a simple and practical manner describes each species, their habits, hatchery methods, etc.

TRAP FISHING—Manner of construction, different kinds, lifting, brailing, etc.

TROLL FISHING—Methods and gear used, kind of boats, real sport, etc.

PURSE SEINE FISHING—Boats, men, gear, making set, hauling in, etc.

DRAG OR BEACH SEINE—Gear, methods, etc.

GILL NET FISHING—Boats, gear, methods, etc.

BUYING FISH—Buying station, buyers, receiving, handling, etc.

Cannery Series of slides show complete process of canning, butchering, cutting, can filling, cooking, soldering, etc., also shown in movies.

Story of Port Angeles, Neah Bay, Cape Flattery, etc. Approximately 300 slides, including additional views of boats, camp life, statistical data, age theory, capital invested, etc.

THE FIRST MOTION PICTURES EVER TAKEN OF THE FISHING FLEET IN ACTION, THE INTERIOR OF CANNERY, ETC.

CRAWFORD'S STORY OF THE SALMON

PUBLIC EXHIBITIONS AND LECTURES

OPEN DATES—A limited number of open dates can be made for any desired part of the Story of the Salmon, with lecture, for Science Clubs, Woman's Clubs, Improvement Leagues, Churches, Associations, Conventions, etc.

Colleges, Universities, Schools, Commercial Bodies, etc., where Motion Picture Machine can be used, should avail themselves of the opportunity to secure slides and see the motion pictures of Ocean Fishing, Salmon Canning, etc.

(Card Lecture)

TWO SOCKEYE SALMON

Slide 34 Negative 328

Crawford's Story of the Salmon

Copyrighted

There is no other fish like the salmon It is truly a most wonderful fish and the "Story of the Salmon" is a wonderful story.

We read about the hardy fisherman; we often go fishing; we see the thousands of salmon brought into the canneries; we read about the countless number of salmon packed, of the car loads, train loads and ship loads of canned salmon sold; we hear of the immense capital invested and the pack worth milions of dollars. But that is not the "Story of the Salmon."

If in the schol or class room, showing this picture to the children we would likely say:

Here we have a picture of a male and a female, Alaska Red, which is same specie as the Puget Sound Sockeye Salmon; See the distinguishing difference, the smaller nose, more symmetrical shape and prettier lines of the female, or as we will term it the "Lady Salmon," while the other, or "Gentleman Salmon," has the strong rugged frame and features of the man.

Strange as it may seem, Mr. Salmon never has but one wife or mate.

Four years ago in some river, creek or lake which is fed by water from some snow-capped mountain, or in some fish hatchery, these two Mr. and Mrs. Salmon were born. They with millions of other fish children played around in the creek or lake, leaping the water falls, swimming the rapids and possibly making love to one another.

One day after thus playing together for a time, possibly a year, they, with thousands of other fish children, eloped. They started for the ocean, two and two together, madly rushing and swimming over rifles, nothing could stop them. Where were they going and for what? Who knows? They went into the great ocean. But where and why?

We only know they lost themselves in the great Pacific. We know that some great invisible power led them on, impelling and compelling them to go and go.

We know that whether they went to the most Northern Sea or the farthest South, they came back; they never forgot the little river, creek or lake in which they played when children. Like true hearted men, they never forgot their home land.

Strange as it may seem, at the same time and possibly about the same day and hour, these two and all the other Sockeye salmon that fled to the ocean on that day three or four years ago, and mind you, no other salmon, no matter in what part of the world they were, suddenly turned toward home. They were now grown to fish manhood and fish womanhood. They hurry faster and faster, on they come, faster than any ship, steering direct for the river from whence they came. They enter the river, they rush on, some are caught in the traps, nets, snares, etc., set for them; others keep going on; some turn into one creek, some into another, for each one knows the creek in which it was born.

They jump the rapids, leap the falls, they struggle on and on, the creek becomes narrow, the waters shallow, they scrape their very bellies on the gravel. Still they push on, never stopping; they overcome every obstacle. For what? Simply to propagate their species and die. In doing this they perform the functions of and fulfill the purpose of their life, as the divine Creator intended they should.

In a few short months these same rivers will again swarm with little baby salmon, who when they hear the call of destiny will start on that mad race to the ocean, to return as father and mother salmon did, and die. IS THIS NOT ENOUGH TO MAKE THE STORY OF THE SALMON A WONDERFUL STORY? (Extempore.)

(Now, boys and girls, there is a lesson for you in the story of the Sockeye, etc., etc.)

Note:—It is most interesting to know how the female salmon deposits the spawn, ova or eggs, which is its life giving organ: How the male salmon deposits thereon the milt, which is the spermatic or life giving organ of the male. How the eggs hatch, develop, grow and mature. All of which is told in the "Story of the Salmon."

SLIDES FOR SALE

We have concluded to offer for sale any or all of the stereopticon slides, ranging in price .75 to $2.00, depending on coloring, quantity and whether card lecture accompanies same.

SALMON SERIES—W. I. C. SLIDES—PROPAGATION

3	Two Four-Year-Olds	C	photo slide	
4	Small Boy Dragging Spring Salmon	C	Photo slide	
302	Five Species Pacific Coast Salmon	M	photo slide	*
303	Four Human Species. Three Caught on One Line	C	photo slide	
304	Washington State Fish Hatchery	C	photo slide	*
305	Inside View State Fish Hatchery	C	photo slide	*
306	Ascending Green River to Fish Hatchery	C	colored	
307	Tacoma Power Dam—Green River	C	colored	
308	Green River Dam at Hatchery	C	photo slide	
309	Fishway Over Dam in River	C	photo slide	
15	Fish Ascending River Rapids	D	photo slide	*
310	Fish Ascending an Alaska River		photo slide	*
311	River Full of Fish—Going to Spawn	D	photo slide	*
312	Fancy Fish Jumping Rocks	C	colored	
313	Fish Ascending the Swift Current	C	photo slide	*
314	Eyeing Out Station—Green River	C	photo slide	*
315	New Building—Green River Eyeing Station	C	photo slide	*
316	Old Breeding Sockeye Salmon	C	photo slide	*
317	Hatchery Crew Ready to Take Spawn	C	photo slide	*
318	Salmon Eggs (spawn) 30 Days After Taking	C	photo slide	*
318½	Salmon Eggs as They Show in Hatchery Trough	C	photo slide	*
318A	First Appearance of Fungus Growth on Dead Egg	C	photo slide	
318B	Nine Hours Fungoid Growth on Dead Egg	C	photo slide	
318C	Hatched Out and Destroyed by Fungus Growth	C	photo slide	
319	Salmon Eggs (50 to 55 days) Just Eyeing Out	M	photo slide	*
319½	Salmon Eggs Hatching Out in Hatchery Trough	C	photo slide	*
320	Spawn One Day After Hatching Out	M	photo slide	*
320	Various Appearances, Hatching Out	C	photo slide	
	Two Weeks Out, Five Weeks Out (two on one slide)	C	photo slide	
321	90 Days After Taking (30 days hatched out)	M	photo slide	*
321½	Salmon Fry as They Appear in Hatchery Trough	C	photo slide	*
322	Salmon Fry 105 Days in Hatchery (55 days hatched out)	C	photo slide	*
322½	Salmon Fry 78 Days Hatched (125 in hatchery)	M	photo slide	*
323	Development of Salmon Egg (1 day to 10 months)	C	photo slide	*
324	Chinook Salmon (artificially fed 9 months) compared with one 16 months in natural spawning grounds	C	photo slide	*
325	Oncorhynchus Tschawytscha Chinook Salmon; King Salmon (quinat salmon), Tyee Salmon or Spring Salmon—Breeding—2 on slide	C	colored	
326	Spring Salmon Breeding (4 on slide)	C	colored	
327	Oncorhynchus nerka, Sockeye, or Sockeye Salmon; Blueback Salmon, Red Salmon, Redfish or Nerka Salmon—Breeding (5 on slide)	C	colored	*
328	Alaska Red (Breeding), 2 on slide	C	colored	
329	Oncorhynchus Kitsutch, Coho Salmon, Silver Salmon, or Medium Red—Breeding (2 on slide)	C	colored	*
329½	Humpback (2 on slide)	C	colored	*
330	Oncorhynchus gorbuscha, Humpback Salmon, Pink Salmon or Gorbuscha Salmon—Breeding (2 on slide)	C	colored	*
331	Humpback, Pink Salmon (4 on slide)	C	colored	
332	Oncorhynchus Keta, Calico Salmon, Dog Salmon			

	or Chum Salmon—Breeding	C	colored	*
333	Salmo Gairdneri, Steel Head Salmon, Steelhead, Hardhead, Winter Salmon, Salmon Trout or Square-Tailed Trout—Breeding	C	colored	*

SALMON SERIES—TRAP FISHING

339	Double Fish Trap, Puget Sound	M	photo slide	
340	Trap Full of Fish	M	photo slide	
341	Gasoline Trap Brailer, Puget Sound	M	photo slide	
341½	Inside the Spiller	M	photo slide	
342	Filling the Brailer	M	photo slide	
343	Lifting the Brailer	M	photo slide	
344	A Brailer Full of Fish	M	photo slide	
345	Emptying the Brailer	M	photo slide	
346	Emptying the Brailer	M	photo slide	
347	Lifting Pot Web	M	photo slide	
348	Leveling the Scow	M	photo slide	
349	Columbia River Trap	C	photo slide	

SALMON SERIES—GILL NET FISHING

350	Going Out to the Banks	C	colored	
351	Taking in the Net	C	colored	
352	Gillnetters' Buying Station	C	colored	
353	At Night—Waiting for the Tide	M	photo slide	
354	Gillnetters in Camp	M	photo slide	

SALMON SERIES—TROLL FISHING

355	Trolling in the Tide Rip	C	colored	
356	A Modern Power Troll Boat	C	colored	
357	A Successful Troller (San Juan)	C	colored	
358	Troller Floating With the Tide	C	colored	
359	Five-Line Troller	C	colored	
360	Pulling One In	C	colored	
361	Troller Pulling Two Dories	C	colored	

SALMON SERIES—OLY STYLE PURSE SEINE FISHING

362	Old Way of Taking Fish from Seines	C	photo slide	
363	At the End of the Day	C	photo slide	

SALMON SERIES—DRAG SEINE FISHING

364	Drag Seineing on Columbia River	C	colored	
365	Emptying the Drag Seine	C	colored	

SALMON SERIES—MODERN PURSE SEINE FISHING

367	Three Well-to-Do Purse Seine Fishermen	C	photo slide	
368	A Small Purse Seine Boat on the Beach	C	photo slide	
369	Purse Seiners in Camp	C	photo slide	
370	Purse Seiner's Family	C	colored	
371	Purse Seiner's Children	C	colored	
372	Salmon Banks Barber Shop	C	colored	
373	Modern Purse Seine Boat, Ready for Departure	C	colored	
374	Purse Seiner's Summer Camp	C	colored	
375	Throwing Out the Seine	C	colored	
376	Surrounding a School of Salmon	C	colored	
377	Taking Purse Line from Dory—(End of Haul)	C	colored	
378	Pursing With the Winch	C	colored	
379	Beginning to Haul In	C	colored	
380	Hauling Over the Side	C	colored	
381	Pulling In the Fish	C	colored	
382	Pulling In the Seine	C	colored	
383	Brailing the Seine	C	colored	
384	Talking Politics	C	colored	
385	Piling Web on Turntable	C	colored	
386	Piling Web on Turntable	C	colored	

387	The Hungry Crew at Breakfast	C	colored
388	At the Buyer's Boat	C	colored
389	On the Way to the Cannery	C	colored
390	Oil Station at Salmon Banks	C	colored

SALMON SERIES—OPENING OF SALMON BAY DOCK, SEATTLE

391	The Tacoma Purse Seiners' Flag Ship	C	photo slide
392	Wake Up! Tacoma!	C	photo slide
393	Fleet Leaving Tacoma	C	colored
394	Program Committee on Purse Seine Boat "Sunset"	C	colored
395	Tacoma Water Front	C	photo slide
396	Purse Seiners Leaving Tacoma	C	colored
397	On the Way to Seattle from Tacoma	C	photo slide
398	Crossing the Channel	C	photo slide
399	The Fleet in Puget Sound Going to Seattle	C	photo slide
400	Chief Marshall's Flagship	C	photo slide
401	In Salmon Bay—The Fleet	D	photo slide
402	Oregon and Oregonian	C	photo slide
403	Purse Seine Boat Making for Shelter	C	colored

SALMON SERIES—NEAH BAY SERIES

415	Snohomish Going to Sea	C	photo slide
416	Snohomish at Close Range	C	photo slide
418	Out On the Ocean	C	colored
419	Buying Fish Out in the Ocean	C	photo slide
420	Delivering Fish Out in the Ocean	C	colored
421	Purse Seiners at Neah Bay	C	photo slide
422	Neah Bay Dock	C	colored
423	Our Headquarters, Neah Bay	M	photo slide
424	Looking Toward the Shore	M	colored
425	The Bunk House	W&S	photo slide
426	Harold Ides	C	photo slide

CANNERY SERIES

428	City of Port Angeles	C	photo slide
429	Lumberjacks of Port Angeles	C	colored
430	Manhattan Cannery	C	colored
431	Manhattan Cannery Fire	C	colored
432	Showing Boiler House and Light Plant in Ruins	C	colored
433	View of Cannery After Fire	C	colored
434	View from Interior After Fire	C	colored
435	View from Bath Room	C	colored
436	General View of Cannery—Rebuilt	C	photo slide
437	The Fire Brigade	C	photo slide
438	The Chemical Extinguisher at Work	C	photo slide
439	The Cannery Messenger on Motorcycle	C	colored
440	Skilled Cannery Labor	C	photo slide
441	Some of the Cannery Employes at Lunch Hour	C	photo slide
442	Cannery Walk Between Warehouses	C	photo slide
443	Two Heads on One Plate	C	photo slide
444	One of Us—A Beautiful Face	C	photo slide
445	Peter Schwartz	C	photo slide
446	Mar Kin, Chinese Foreman	C	photo slide
447	Looking Down Between the Warehouses	C	photo slide
448	Receiving Salmon at the Cannery	C	photo slide
449	Fish on Cannery Floor	C	photo slide
450	Fish and Iron Chink	C	photo slide
451	Salmon as Cleaned by the Iron Chink	C	photo slide
452	Sliming Troughs	C	photo slide
453	Indian Slimers at Work	C	photo slide
454	Front View of Slimers at Work	C	photo slide
455	Gang Knives for Cutting Fish	C	photo slide

456	Fish Cutter at Work	C	colored
457	Filling Machines—Sanitary	C	photo slide
458	Filling Machines with Female Operators	C	colored
459	Sanitary Filling Machines in Operation	C	photo slide
460	Hand Fillers Tables	C	colored
461	Inspectors or Patchers	C	colored
462	General View of Cannery Line	C	photo slide
463	Chipping Table	M	photo slide
464	Sanitary Clinching Machines in Operation	M	photo slide
465	Exhaust Boxes—Sanitary	C	photo slide
466	Through the Soldering Machine Down the Line	C	photo slide
467	Sanitary Closing Machines	M	photo slide
468	Passing Through Bath Room to Retorts	C	photo slide
469	Hot End at Exhaust Box	M	photo slide
470	The Retorts	C	photo slide
471	At the Retorts	M	photo slide
472	At the Lye Wash	C	photo slide
473	Trucking into Warehouse	C	photo slide
474	Cans Piled in Warehouse	C	photo slide
475	Cans Piled in Warehouse	C	photo slide
476	Label Machine at Work	C	photo slide
477	Labelled Cans Ready for the Boxes	M	photo slide
478	Box Nailing Machine	M	photo slide
479	Electric Truck	C	photo slide
480	The Salmon Story—Part 1	C	printed
481	The Salmon Story—Part 2	C	printed
482	Salmon Fricasee, with Recipe	C	colored
483	Baked Salmon, with Recipe	C	colored
484	Salmon Fritter, Loaf, Salad, Egg	C	colored
485	Salmon Breakfast, Omelet, Fritters, Croquets	C	colored
486	Cannery at Astoria, Oregon	C	colored
487	Making Trap Wire, Friday Harbor	M	photo slide
488	Cannery of L. P. P. Company	M	photo slide

AFTER THE SEASON

495	An Alaska Cannery at End of Season	C	photo slide
496	In Winter Quarters	M	photo slide
497	A Cannery Pile Driver	C	colored
498	In the Tar Shed	M	photo slide
499	The Net Racks	M	photo slide
500	Fisherman's Winter Quarters	M	photo slide

MISCELLANEOUS SLIDES

515	Prof. Kingsley's Analysis	C	printed slide
517	Food Value of Salmon	C	printed slide
518	Black Fish taken in Salmon Trap (extra fine)	C	photo slide
519	Age of Salmon as Read by the Scales (Ward)	C	photo slide
520	Age of Salmon as Read by the Scales (Ward)	C	photo slide
521	Sockeye Scale, male 3-year-old (Gilbert)	C	photo slide
522	Sockeye Scale, male 4-year-old (Gilbert)	C	photo slide
523	Sockeye Scale, female 4-year-old (Gilbert)	C	photo slide
524	King or Spring, scale from immature male (Gilbert)	C	photo slide
525	Sockeye Scale, 5-year-old (Gilbert)	C	photo slide
526	King or Spring, scale from 6-year-old (Gilbert)	C	photo slide
527	King or Spring, scale, mature male (Gilbert)	C	photo slide
528	Coho or Silver Scale yearling (Gilbert)	C	photo slide
529	Coho or Silver Scale, 2-year-old (Gilbert)	C	photo slide
531	Dog or Chum Scale, 4-year-old (Gilbert)	C	photo slide
532	Humpback Scale, 2-year-old (Gilbert)	C	photo slide
536	Coho or Silver Scale, 3-year-old (Gilbert)	C	photo slide

518	Princess May, Stranded on Island----------C	
550	The One That Got Away (Little boy telling fish got away) ----------C	colored
545	Two-year-old Chum Salmon and Three-year-old Boy ----------C	
546	Day's Catch, Little Girl Showing Father Day's Catch ----------C	
547	Children Fishing from Dock (very fine)----------C	colored
548	Junior Fisherman, Little Boy----------C	
549	Man Holding Up Large Spring Salmon----------C	
550	Girl Holding Up Two Spring Salmon----------C	
551	Five Species of Salmon, Weights----------C	
552	Outline Showing Construction of Standard Fish Trap ----------C	
553	Floating Traps ----------C	
554	Lifting Pot Web or Spiller----------C	
555	Pitching Fish From Scow----------C	
556	Emptying the Trap Brailer----------C	
559	Bible Authority for Taking Fish----------C	
560	Tatoosh Light House, General View----------C	
561	Tatoosh Light House at Night, 80 min. exp.------C	
564	Village of Neah Bay----------C	
565	Surf On Sand at Neah Bay----------C	
566	Surf Off Cape Flattery----------C	

We have many others, some of which we enumerate, Indian making canoe, covered by four or five slides; Old Lady, age unknown; Beach Comber; Light House Jib, Himself, a fine picture of a very old Indian; Native Children at Play; Native Mother and Babe; The Basket Makers; Indians Landing a Whale; Indians Cutting Up and Dividing Whale; Fourth of July at Cannery; Men's Tug-of-War; Women's Tug-of-War; Victorious Women, Foot Races, Ball Games, etc. Also fine interior view of Cannery, Fish Dock and other fishing scenes.

SPECIAL:—Any one or all of the above slides can be had, standard size in colored or plain. Prices quoted on application. Regular allowance made to schools and clubs, card lecture extra.

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As an educational feature and as a "Cash Raising Proposition" for Clubs, Ladies' Aid Societies, Domestic Science Clubs, Conventions, Charities, Churches, Schools, etc., our Illustrated Lecture-movies and slides, together with "EAT MORE FISH" is the most practical and value received yet produced. Write about it, let us show you.

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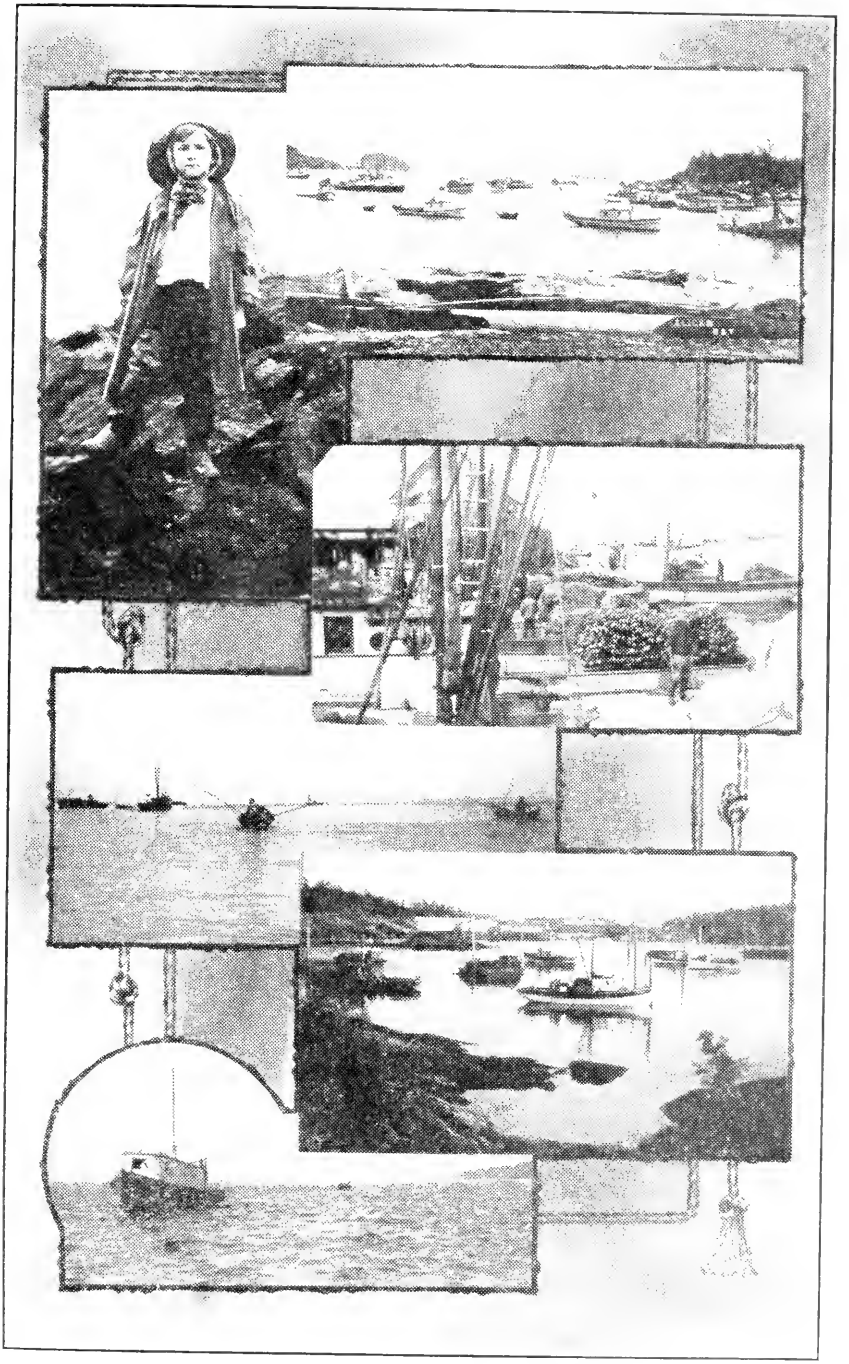

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HOW TO SERVE

All ready to eat—Good hot or cold.

Can be warmed up in can, fried on griddle, warmed up in oven. Delicious fried in butter. Any way to suit your taste, any kind of sauce.

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and has a HIGH FOOD VALUE.

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Experiments show that fish is as READILY DIGESTED as are other meats.

You could replace all other meats with fish every day in the year without ill effects. There are more possibilities of increase in the meat supply by the fisheries than by any other one industry. The demand in the past has not equaled the supply.

If you are near the source of fresh fish, but don't expect to buy at a low price fresh fish that have to be shipped by express for long distances on ice. Consume your locally-caught fishes and don't all use the same kinds. The cheapest is often as good as or better than the dear.

wherever you are. Write the Bureau of Fisheries for recipes for preparing salt fish for the table. If you eat meat for breakfast make it SALT HERRING, SALT MACKEREL, or other salt fish. Salt fish are good eating if you prepare them properly for the table. Do that.

There is nothing better than fish prepared by this old-fashioned method. Smoked herring, smoked eels, smoked BOWFIN, smoked SHARK, smoked CARP. The three last mentioned are just being introduced to the market. Make them go! Write for recipes for preparing smoked fish for the table.

Don't let Friday be the only FISH DAY. Eat more fish MORE DAYS A WEEK.

Don't stand back on disagreeable NAMES or ungainly APPEARANCES.

A shark would not taste any better if called by another name; it tastes good as it is. CARP is good eating and nutritious. You will not find any fish on the market that is not fit to eat if it is in good condition. The best test of a fresh fish is not its NAME but its FRESHNESS.

They are coming! BOWFIN, GRAYFISH, BURBOT, GOOSEFISH, SHARK, SKATE, SABLEFISH, GROUPER.

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Note.—Above is reproduced from a poster of U. S. Bureau of Fisheries.

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